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SPECIAL SECTION

READERS CHOICE
2015 REVIEW

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Paul Pratt Memorial Library
 33 Church Road
 Cohasset, MA 02025

COHASSET MARINER

Friday, January 8, 2016

Cohasset.WickedLocal.com

Vol. 38, No. 3 ■ \$2

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TIME TO GET ORGANIZED

COMING IN PRINT

■ Photos: Summer job fair

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SCHOOLS

Drug Story Theater coming to town

Cohasset Education Foundation presents grants

By Amanda C. Thompson
 athompson@wickedlocal.com

The Cohasset Education Foundation presented on Wednesday the funds it had collected throughout the fall grant cycle, which totaled \$47,807. These funds will be applied to

a wide range of purposes across the district.

"I'm impressed with the diversity of grants," said School Committee member Mary McGoldrick when the numbers came before the board. "They're going into a lot of different schools, different teachers, different pockets."

Both McGoldrick and Chairman Jeanne Astino expressed particular excitement over a grant

that would bring to town a program called Drug Story Theater. This is being done in conjunction with Safe Harbor Cohasset Coalition.

Drug Story Theater is an improvisational theater program involving teens who are in the early stages of recovery from drug or alcohol addiction. These teens learn the skills of improv theater and use performance to share their own true experiences with

addiction in hopes that other teens will learn from their mistakes and not follow the same path.

Dr. Joseph Shrand, medical director of CASTLE ("Clean and Sober Teens Living Empowered"), started Drug Story Theater to deter youth from experimenting with alcohol and drugs - particularly before the age of 18, when the odds

SEE GRANTS, A9

Drug Story Theater is an improvisational theater program involving teens who are in the early stages of recovery from drug or alcohol addiction.

SEE FORM, PG. A9

Search for top citizen

Deadline is Feb. 12

By Mary Ford
 mford@wickedlocal.com

In keeping with a 23-year tradition recognizing an individual for outstanding service to the community or a special achievement — the Cohasset Mariner is now accepting nominations for the annual Citizen of the Year Award.

We invite our readers to take this opportunity to nominate a person who has made a significant contribution to Cohasset.

Last year Cohasset honored Tom Wigmore for his dedication to the town's veterans on so many levels including, the Healing Field, Memorial Day, 9/11 observance, Veterans Day, placing flags on veterans graves and so much more.

The deadline for nominations for the Citizen of the Year is 5 p.m. Friday, Feb. 12. Please see the nomination form on page A9. The form may be photocopied. Letters of nomination are also accepted and should be mailed or sent by fax to The Cohasset Mariner, 73 South St., Hingham 02043. Our fax number is 781-741-2931. Letters of nomination by email to mford@wickedlocal.com are also welcome.

This is not a popularity contest. Following the close of nominations, a selection panel — after reviewing the names submitted by poring over the nomination letters and



Waves churn off the coast at Black Rock Beach while John McCarthy of Cohasset pets his dog, Blitz, during a walk on Tuesday, Jan. 5. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

HEALTH

Yoga is not a stretch for seniors

Free January classes at Willcutt Commons

By Amanda C. Thompson
 athompson@wickedlocal.com

It's not a stretch to say that yoga instructor Amy Di Lillo is doing what she was made to do. Like the Indian yogi who once inspired her in Singapore, she radiates a sure and steady sense of peace and joy, and she has been sharing these with Cohasset's seniors for a year now. Others in the community have enjoyed her gentle, expert guidance for even longer — since Di Lillo came to town three years ago.

This January, though, Di Lillo has something even more special to offer Cohasset's over-60 community: not just yoga, but *free* yoga. Are you, or is your parent or grandparent, unfamiliar

with the practice of yoga? Perhaps a little anxious about trying to "teach an old dog new tricks," as the saying goes?

That's exactly who these free classes are for. While yoga has grown popular in recent years, the over-60 crowd didn't grow up taking a five-dollar yoga class at the nearest gym. To them, said Di Lillo, yoga is exotic, and it's easy for something that seems foreign to feel threatening. With Di Lillo, it won't have to.

It all started when a student of Di Lillo's noticed how great her mother would feel after taking a senior yoga session. And this particular mother wasn't the only one. Di Lillo has heard stories from other senior students whose high blood pressure dropped after taking yoga, or who were able to stop taking



Yoga instructor Amy Di Lillo will be leading free senior yoga classes at Willcutt Commons this month. COURTESY PHOTO / JANN TENENBAUM

SEE YOGA, A8

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SEE CITIZEN, A9

PICTURE THIS



The Mariner caught up with Chrissie Dahlstrom in the building department office at Town Hall this week. If you see Chrissie around town, but sure to tell her you saw her in Picture This! WICKED LOCAL PHOTO BY MARY FORD

Chrissie Dahlstrom

Name: Chrissie Dahlstrom.

Occupation: Administrative Assistant, Inspectional Services in the building department at Town Hall.

Best day of your life: I'm not sure this was the best day of my life, but it is a recent really good day. My cousin and I trained for a half marathon and I had never run more than 5 miles prior to this race, so 13.1 was a challenge. I have had an issue with the shape of my legs for as long as I can remember, but when we ran past the 12-mile mark I remember crying in amazement that my legs could carry me such a long distance. I now have a new appreciation for my health. Believe it or not, it was life changing.

Best vacation: A few years ago my family went on an Alaskan cruise trip. One day the ship went into the Inside Passage. The glaciers were amazing in size and color as were the mountains with icecaps at the top that turned into waterfalls that sloped for hundreds of feet before depositing into the water we were floating on. I can only imagine a sight like this had to be an inspiration to the lyrics of America the Beautiful.

Favorite season: I love the fall!

Favorite holiday: Thanksgiving.

Favorite snack: Chocolate chip cookies

Best book: I have learned a

lot from "The Secret."

Best movie: "Happy Gilmore."

Best TV show: "Mad Men." The costumes and scenery are spot on and the story line is binge worthy.

Best music, group, or artist: I am all over the place with music. I love to listen to country music while in the car, Christian rock while I run (if I am not listening to a podcast), and Frank Sinatra when I cook.

Pet peeve: I get uncomfortable when people put others down.

Dumbest thing you've ever done: My mother in law will not let my new bride story die. When I was first married, I made my husband, Joe, a lunch every day.

One night as I was walking in the house I dropped a bag of groceries and the mayonnaise jar broke near the top. I thought I could salvage the mayonnaise by scooping out the part with the broken glass in it. The next day I made a tuna sandwich with a loving note in Joe's lunch bag telling him to be careful eating. He read the note just as he was finishing his crunchy sandwich. He lived through it and told his mother and 25 years later we still laugh about it.

Fun fact: Outside of work I am a photographer. I take photos of families, senior portraits, small chapel weddings and babies. I was inspired by Humans of New York and I started a blog a

couple of years ago called Faces of the South Shore where I ask random people a personal question and post their answer on Facebook and Instagram. I didn't write at all 2015 and I miss my "faces" so getting back to the blog is a 2016 resolution for me.

Goal: I am considering running a full marathon in the fall.

Person you'd most like to meet: This is a funny question, I was asked this on a job interview and I said Mother Theresa. Although she would be super interesting I feel the conversation would flow better with Hoda Kotb. She is genuine and has a positive outlook on life. Hoda would make an excellent friend to have.

Biggest worry: I'm too worried that it will come true if I say or write it, so I can't answer this one. It's most likely every parent's worry.

Best part of Cohasset: Steve Carrell. I heard that he sometimes is in Cohasset and a few weeks ago the Town had a toy drive at Mr. Dooley's. I had myself convinced that I would see Mr. Carrell that night. I didn't see Steve at Mr. Dooley's BUT when I got home I put the TV on and he was being interviewed by Inside the Actors Studio! He answered all the questions I would have asked. So in a way, I did see Steve Carrell that night and I got to know about his life.

COHASSET ELDER AFFAIRS

Dietitian to join seniors for lunch

New location: Cohasset Elder Affairs is now located at Willcutt Commons, 91 Sohier St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors.

■ New Program: Gentle Chair Yoga: Wednesdays at 1 p.m. This beginner friendly chair yoga class will focus on maintaining and gently increasing mobility, deepening breath and improving balance. Participants can bring a mat if they have one, otherwise one will be provided. Wear comfortable, layered clothes and plan to eat a lighter healthy meal about two hours prior to class. Cost: \$5 drop in.

■ Dietician Elissa Goldman: Noon Jan. 14. Join for lunch. Goldman works at South Shore Elder Services and will be eating alongside guests and chatting about nutrition.

■ Boston Symphony Orchestra open rehearsal: 8:30 a.m. Jan. 21. BSO open rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. Participants will arrive in time for the pre-rehearsal talk. Cost is \$10, plus the cost of the ticket ranging \$18-\$30. Call to reserve a spot 383-9112. Limited availability.

■ Weight Loss with Joanne Campbell, certified hypnosis consultant: 10 a.m. Jan. 22. Start the New Year off by losing weight. Joanne will help guests to harness the determination

and willpower needed to lose weight and keep it off. Three-week session cost: \$30.

Ongoing programs

■ Lunches, Tuesday-Thursday, noon. Meals provided by local restaurants and talented Cohasset cooks. Reservations requested no later than 24 hours in advance. Willcutt Commons, 91 Sohier St. Voluntary donation, \$3. Tuesday, Jan. 12, Lunch prepared by Chef John: Chicken Rice Casserole. Wednesday, Jan. 13, Chef Laura and Kathy: Pork Tenderloin. Jan. 14: lunch provided by Five South Main.

■ Line dancing, Tuesdays, 1:30-2:30 p.m. Beginner to beginner plus. Helps posture and balance, improves memory skills and confidence. Drop-ins welcome. At 91 Sohier Street. Cost: \$5.

■ Dietician Elissa Goldman: Noon Jan. 14. Join for lunch. Goldman works at South Shore Elder Services and will be eating alongside guests and chatting about nutrition.

■ Gentle Yoga, Tuesdays, 9:30-10:30 a.m. Wear comfortable clothing. Bring a mat. At Willcutt Commons, 91 Sohier St. Cost: \$5.

■ Yoga/Meditation, Thursdays, 8:30 a.m. Eclectic, fusion, beginner-friendly yoga class offering a variety of combinations to help you on your path to mindfulness and calm. Drop-in class. Cost: \$5.

■ Senior Stretch and Conditioning Class: Follow the instruction of an exercise therapist to improve

upper and lower body strength, endurance, and flexibility. Cost per class is \$5.

■ Sit to get Fit: Thursdays, 10 a.m. Improve upper and lower body strength, flexibility and coordination from the comfort of your chair. Cost: \$5.

■ Book Club: Second Friday of the month, 10 a.m.

■ Knitting: Drop in. Learners welcome. Fridays from 11 to 12:30 p.m. Cost: \$3.

■ Transportation: Door-to-door van service to the following: (For out-of-town trips, a voluntary donation of \$5 is requested).

■ Medical appointments: within a 15-mile radius of Cohasset.

■ Around Town Route 3A, Mondays, 1-3 p.m.

■ Shaws, Tuesdays: 1 p.m.

■ Cohasset Train Station, Wednesdays: 9:04 a.m. train inbound: 3:08 p.m. outbound.

■ Around Town (downtown Cohasset), Thursdays: 9:30 a.m.

■ Stop and Shop, Fridays: 9:30 a.m.

■ Walmart/Hanover Mall, NOTE SCHEDULE CHANGE: Second Wednesday of the month at 9:30 a.m.

■ Trader Joes/Marshalls, second Friday of the month: 9:30 a.m.

■ Derby Street Shoppes, third Friday of the month: 9:30 a.m., return 11:30 a.m.

■ Christmas Tree Shops, fourth Friday of the month: 9:30 a.m.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JAN. 2016	HIGH				LOW				SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday 07	8:59	9.1	9:35	8.1	2:37	1.0	3:15	0.2	7:11	4:26
Friday 08	9:44	9.4	10:20	8.4	3:24	0.8	4:00	-0.2	7:11	4:27
Saturday 09	10:28	9.8	11:03	8.7	4:09	0.4	4:44	-0.6	7:11	4:28
Sunday 10	11:11	10.1	11:47	9.0	4:53	0.1	5:28	-0.9	7:11	4:29
Monday 11	11:55	10.2			5:38	-0.1	6:11	-1.1	7:11	4:31
Tuesday 12	12:30	9.2	12:41	10.3	6:25	-0.3	6:57	-1.2	7:10	4:32
Wednesday 13	1:16	9.4	1:28	10.2	7:13	-0.4	7:43	-1.2	7:10	4:33
Thursday 14	2:03	9.5	2:19	10.0	8:04	-0.4	8:33	-1.0	7:10	4:34

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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POLITICS



Gov. Charlie Baker swears in Weymouth Mayor Robert Hedlund Monday Jan. 4, 2016 at Abigail Adams Middle School. PHOTO BY LAUREN OWENS

Hedlund recalls rewarding work in the district

By Alice Coyle
acoyle@wickedlocal.com

On Monday he was sworn in as mayor of Weymouth leaving behind Beacon Hill for town hall. But in his waning days as senator of the Plymouth and Norfolk State Senate district, Robert Hedlund reflected on the 22 years he served the South Shore, recounting the work he found the most rewarding and the accomplishments of which he's most proud.

Number one on his list was the work he did to help tighten loopholes in Melanie's Law — legislation that was passed Oct. 28, 2005 to crack down on repeat drunken driving offenders.

The law was named in memory of Melanie Powell, a 13-year-old Marshfield girl who was struck and killed by a drunk driver with multiple past convictions. Hedlund worked with former State Rep. Frank Hynes, D-Marshfield, on measures to allow the use of certified court records to prove prior drunk driving incidents.

"We wanted to prevent the law from being watered down," said Hedlund, who grew up in Hingham and graduated from Hingham High School.

Melanie's Law also established new drunken driving crimes, stiffer penalties and made the use of ignition interlock devices mandatory for repeat offenders eligible for a work or education hardship license.

Lowering water rates for his constituents in Hingham, North Cohasset and Hull served by Aquarion Water Company (formerly the Massachusetts-American Water Company) was another proud accomplishment, Hedlund said.

"Part of my district was at the time facing some of the highest water rates in the country. We came up with a plan that brought relief to ratepayers."

And Hedlund's work to lower water bills was also a benefit for him politically.

"It changed the political dynamic in a couple of my towns, and helped electorally in Hull," Hedlund noted.

His work to prevent the development of an LNG (liquefied natural gas) storage facility on Little Brewster Island — which is part of the Boston Harbor Islands National Park but territorially part of Hull — was another rewarding effort, Hedlund said.

"I had fun fighting that



Bob Hedlund, a Hingham native, reflects on his years as state senator. WICKED LOCAL PHOTO BY GREG DERR

fight," said Hedlund, who was heralded a hero by local environmental groups like Save the Harbor/Save the Bay.

"Here I was, a Republican on the side of the environment," he joked.

Hull residents within the "blast zone" and worried about the facility's lights, which would be on all night and were purported to be triple the wattage of those that illuminate Fenway Park, were pretty happy with Hedlund, too.

Author and maritime historian Edward Rowe Snow called Little Brewster the most beautiful island in the Boston Harbor Island chain and Hedlund said he thought from the beginning the LNG proposal was so outrageous "there was no way I could lose that battle."

Hedlund's successful fight won over even more of the Hull voters who had not been supporters in his early years in office.

Being a member of the Minority Party (he once joked the entire Massachusetts Republican delegation could carpool to the State House together in one minivan quite comfortably) had advantages too. Over the years, Hedlund served on dozens of conference committees — each six-member committee required at least one minority member — working on major legislation, including every transportation bond bill over the last 20 years.

As for unfinished business, Hedlund said he would have liked to have seen through real reforms to the state's Chapter 40B law — something he worked on for years. But he considers his more than two

decades as lawmaker a very "fruitful period."

"Time really flies," quipped Hedlund, who said more than the State House and Beacon Hill politics, he'll miss the people he served — town officials and constituents — he's come to know and has worked with over the years.

But he is eager to get to work in Weymouth, where filling a number of key vacancies at town hall will be an early challenge for the new mayor.

As for the senate seat Hedlund officially vacated when he resigned Dec. 24, three candidates have announced plans to run to represent the district, which includes Weymouth, Hingham, Hull, Cohasset, Scituate, Norwell, Marshfield and Duxbury. Republican Patrick O'Connor, Hedlund's former legislative director and the Weymouth Town Council president, Hingham Democrat Paul Gannon, a former state representative from South Boston and current Hingham selectman, and Democrat Joan Meschino, the executive director of the Massachusetts Appleseed Center for Law and Justice and a former Hull selectman have launched campaigns.

Whichever candidate prevails in the spring will have to make another run in the fall as the senate seat opens up again in November.

No date has been set for a special election, but Secretary of State William Galvin has ruled out March 1 — the date of the presidential primary — as an option saying there is not sufficient time.

As for unfinished business, Hedlund said he would have liked to have seen through real reforms to the state's Chapter 40B law — something he worked on for years. But he considers his more than two

POLICE BEAT

Vacation rental scam

By Mary Ford
mford@wickedlocal.com

CRAIG'S LIST

A 47-year-old Cohasset man reported to police on Friday (Jan. 1) that he was the victim of a scam on Craig's List. He explained that he was researching vacation rentals in Stowe, Vt., found one he liked and emailed the contact. The contact advised him the rent was \$2100 for the week plus a \$300 deposit. The Cohasset man provided personal information on a rental application. He ultimately also transferred the money to an account with Bank of America.

He became suspicious when two days before the planned vacation the "property owner" asked him delay the trip because the prior tenants had damaged the rental. The man then made some calls and found out the entire thing was a scam. He is working with the fraud department with Bank of America, police said.

ART MISSING

A 53-year-old Scituate artist reported to police on Thursday (Dec. 31) that an abstract painting of his that was on exhibit at the Paul Pratt Library and was valued at \$750 was missing. The artwork had been hanging at the library since Dec. 10 and is titled "None The Less." The work is described as measuring 14 by 12 inches and consists of four wooden panels screwed together and painted with oil. Police are investigating.

ID THEFT

A 32-year-old Cohasset man went to the station on Wednesday (Dec. 30) to report he was an apparent victim of identity theft. He received a Comcast bill for

\$1100 in his name out of Malden for cable and Internet service. The man has no connection to Malden, police said.

SON SUMMONSED

A 46-year-old Cohasset mother called police after her 25-year-old son allegedly stole \$235 in cash from and her cell phone, valued at \$250, and took off. The son, who lives at a different Cohasset address, is being summoned to Quincy District Court for larceny from a building, police said.

WALKER

Police advised a man walking along North Main Street from the train station toward the village to use the sidewalk once he was past Robbins Garage. A concerned citizen called police letting them know that the man was dressed in dark clothing and was nearly hit by the caller and the car before the caller's.

The call came in around 6 p.m. on Monday (Dec. 28).

PAPER EXCHANGE

An 82-year-old Cohasset man wanted it logged that he and a 53-year-old Cohasset man exchanged papers after their 2001 Volvo station wagon and 2008 Toyota Prius, respectively, had a fender-bender while pulling out of a parking spot at Cohasset Plaza on Monday (Dec. 28) around 6:50 p.m.

THREATS

A 32-year-old man employed by a business off Route 3A notified police last week after his ex-girlfriend made threats when he posted derogatory remarks about her brother on Facebook. She allegedly threatened to come down and beat him. While the officer was there, the woman called again threatening her ex-boyfriend. The

officer, acting as a referee, spoke to both parties telling her to stop the threats and telling him to stop posting about her brother on Facebook.

WARRANT ARREST

On behalf of Quincy District Court, police arrested Bridgette M. Schalger, 22, of 31 Mill Lane, on a default warrant on Wednesday (Dec. 30) and took her directly to the courthouse.

NOT FOUND

Police could not locate a dog that had been reported acting aggressively, chasing cars and possibly frothing at the mouth just past the police station on Elm Street on Tuesday (Dec. 29) around 5:41 p.m.

DOORBELL

Some teens apparently playing ding-dong-ditch have been ringing the doorbell of a home on Fernway and then disappearing when the homeowner answers the door. It is an ongoing issue that is annoying to the resident who reported the activity last week.

WALLET FOUND

Police picked up a wallet that a group staying in Cohasset found in Boston on Wednesday (Dec. 30) after the group unsuccessfully tried to contact the owner who lives in Wayland. They called police to turn over the wallet that had a driver's license and credit cards over to them.

MAILBOX

A Cedar Lane woman reported on Saturday (Jan. 2) that someone made off with her mailbox and the mailbox post.

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Winter Playground

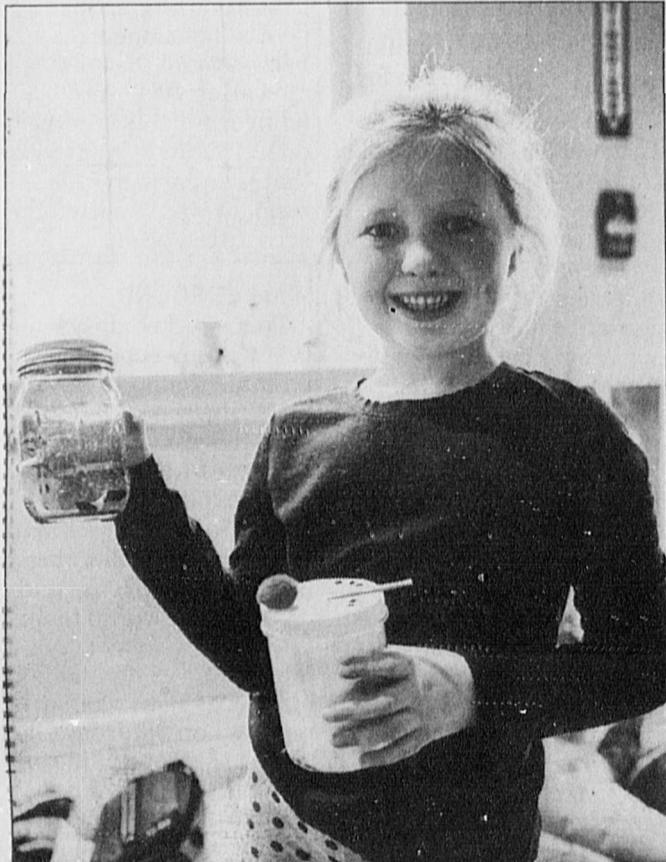
at Cohasset Rec Center



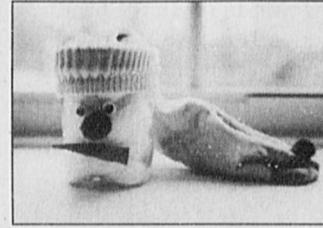
Children at the winter playground camp made all kinds of crafts like this snow globe.



Arlee Simmons, Adelaide Welz, and Natalie Godlewski hold up their snowman crafts that they made on Dec. 30 at the Winter playground camp.



Maddie Shultz shows off the crafts she made at the winter playground on Dec. 30.



Children at the winter playground camp made all kinds of crafts, such as this snowman with a sock hat.



Children at the winter playground camp made snowmen during craft time at the winter playground recreation camp on December 30.



Drew Karlovits goofs off in the ship at the center.

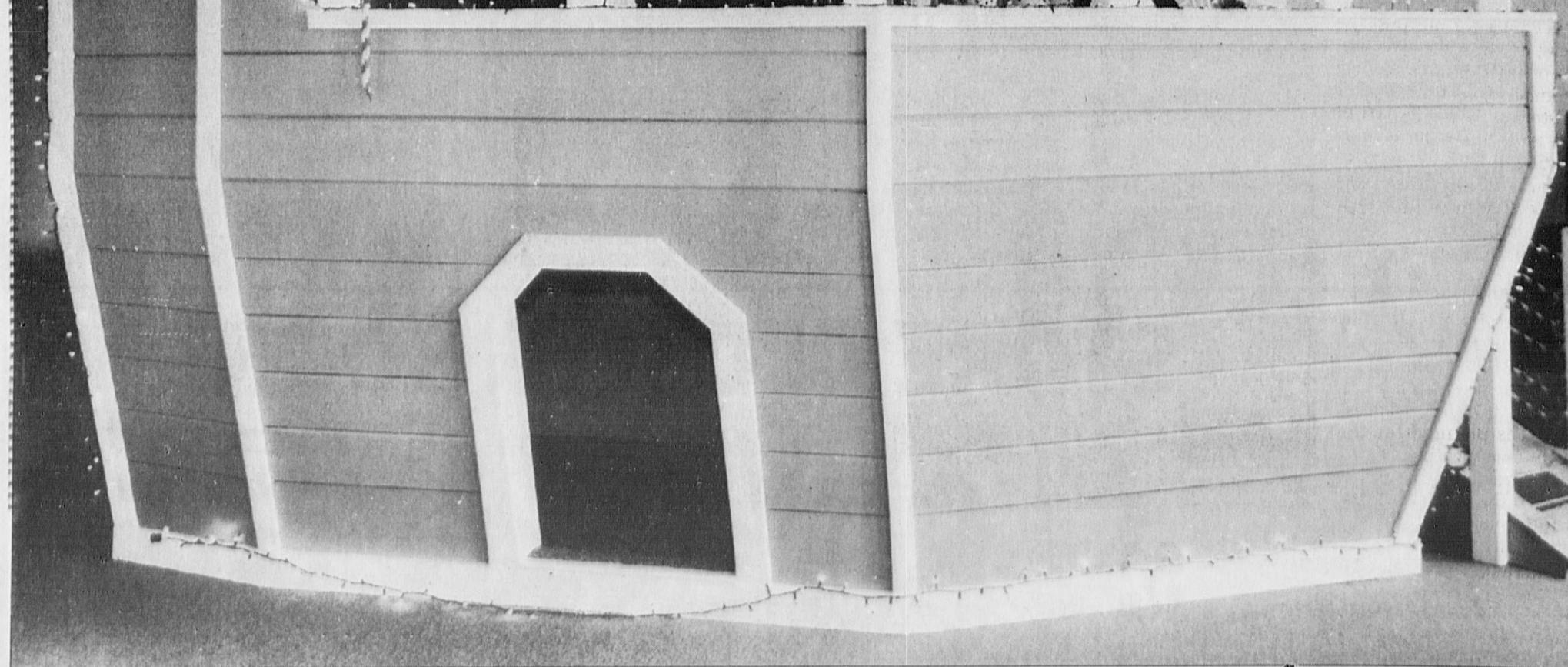
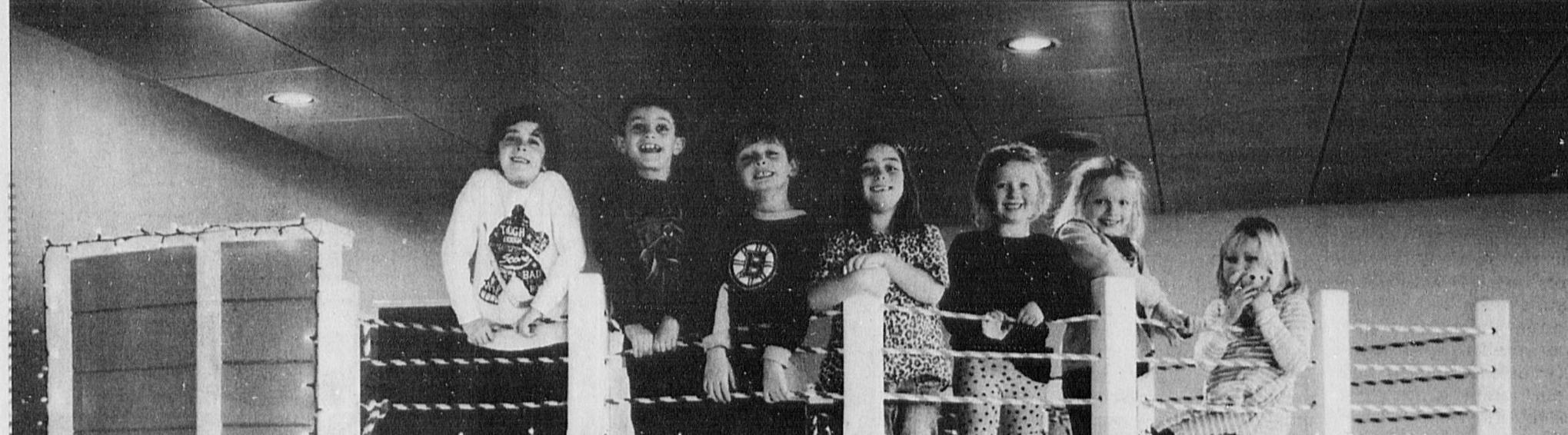


Dimitri Peters is in awe of the Trunchable in Matilda.



Above: After a full day of crafts and playtime the children settle into the new Rec Center theater to watch Matilda.

Left: Arlee Simmons, Natalie Godlewski and Maddie Shultz cuddle together during a scary moment in Matilda.



Winter Playground campers in the ship at the new Cohasset Recreation Department home in the former Our World site on Dec. 30, 2015.

MEETS MONDAY

Find out about Cohasset Rotary

The Rotary Wheel is a familiar sign located on the side of the road in thousands of towns and cities across the US and around the world. Most people don't know what it means or what Rotary is or that what used to be a club of only men now includes everyone. This is exactly why Rotary Club of Cohasset is inviting the interested and the curious to a complimentary dinner on Monday night Jan. 11th at 6:30 to 8 p.m. at the Lightkeeper's House, overlooking Cohasset Harbor.

If you've ever wondered what Rotary does, who they are and how you can help in their mission of "Service Above Self" then this meeting is for you, and what better way to spend an evening than overlooking the lights of Cohasset Harbor in the evening.

The featured speaker will be club president, Diane Hirth, who will give an overview of Rotary and specifically, the Cohasset Club. The meeting is geared for perspective new members and guests who are interested in learning more and getting involved. It's also a chance to meet current members and ask questions.

Since it received its Charter in 1941 the Rotary Club of Cohasset has donated more than \$500,000 in scholarships to Cohasset High School Seniors. The Club has pledged \$25,000 to the new Senior Center.

In addition, the club supports "Polio Plus" (a Rotary International Initiative); water filtration projects in the Dominican Republic; Children of the Guatemala Dump, Capstone Ministries in Kisumu Kenya, has sponsored a Peace Fellow which led to a full-scholarship grant for a masters degree program in Peace and Conflict Resolution for a Cohasset resident.

Cohasset Rotary has awarded a grant for the new Chapman Farm School in E. Bridgewater and is spearheading other clubs to match our donation. The club also

DON'T MISS THIS Cohasset 2020 celebration talk

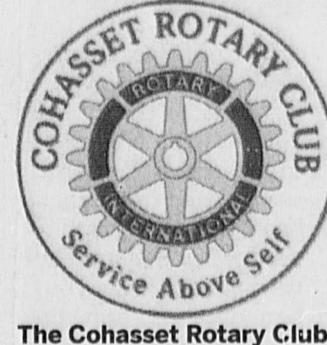
The Cohasset Historical Society will begin the new year's Wednesday Evening Lecture Series on Jan. 13th, with a look forward to the year 2020.

The town of Cohasset was incorporated in 1770 after breaking ties with Hingham. At the May 2, 2015 Annual Town Meeting it was voted to establish a steering committee to plan a celebration for the town's 250th Anniversary.

The steering committee will consist of seven members; two from the Cohasset Historical Commission, two members from the Cohasset Historical Society and three "at-large" members representing the civic groups and organizations interested and active in the life and work of the town.

Wednesday's guest speaker, Town Manager Chris Senior, will share his vision for this very important historical event. Events will be planned that will continue all through the year 2020. A progress report is planned for the 2016 town meeting.

The program will begin at 7:30 in the Pratt Building at 106 South Main St. Light refreshment will begin at 7 p.m.. Suggested donation for this program is \$5.



The Cohasset Rotary Club Logo. COURTESY PHOTO

supports the Food Pantry, the Boy Scouts and Eagle Projects, Field of Honor Memorial Day remembrances, Citizen of the Year, the South Shore Art Center African Art Project and so much more.

Funds are raised through annual fundraisers like the Cohasset Road Race by the Sea 10K, celebrating its 40th year this April; the Cohasset Phonebook; and the annual Polio Plus Wine Dinner at Bia Bistro.

Come share your energy and time with us and help us establish some new fundraisers, build new friendships and make a difference in the world, locally and internationally.

If you're unable to join us this Monday, the invitation is open for any Monday. Business dinner meetings begin at 6:30 p.m. and go until 8 p.m. sharp. 15 Lighthouse Lane. To RSVP: CohassetRotaryClub@gmail.com.

SUNDAY AUTHOR TALKS

Speaker on North Atlantic Right Whale

By Marylou Lawrence
Special to the Mariner

Today, the North Atlantic right whale numbers only a few hundred, so it's hard to imagine that at one time this magnificent mammal ruled the oceans. In his award-winning book, "Dances with Giants, the Twilight Journey of the North Atlantic Right Whale," Peter C. Stone tells their story, from their days of glory to their threatened extinction. Mr. Stone will speak at Sunday AuthorTalks, at the Paul Pratt Memorial Library, on Jan. 10, at 4 p.m.

Peter Stone is an author, educator, and artist, whose love of sailing and the sea has taken him all over the world where he has painted what his heart saw and has written what his heart felt. His book is inspired by a female right whale, whom he follows through 200 years of perilous migrations from Canada to the calving grounds off the coast of Florida and Georgia.

Throughout the pages of her story, evocative imagery of Stone's oil paintings enrich the narrative and provide a poignant visual

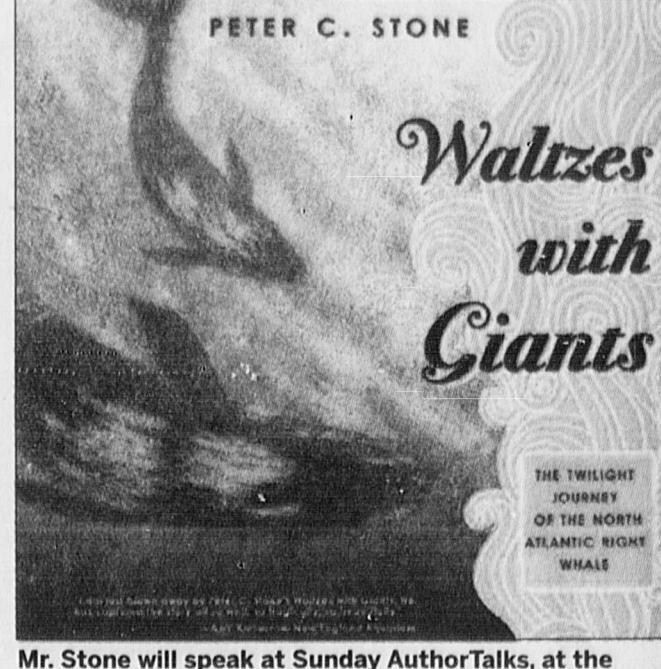
dimension to the wonder of her being — and her tragedy.

Mr. Stone defies traditional labelling — as a writer, his stories are mystical, provocative, a lyrical blending of mythology, science, and art. As an artist, his paintings are "luminous, spiritual journeys that celebrate nature." In addition to "Waltzes with Giants," Stone has also written "Dreams to Dance in Moonlight, Ways of Seeing, Feeling, and Imagining."

Stone's art work is represented at galleries and museums throughout the U.S., Canada, and England, including Art Expo New York, Toronto International Art Fair, The Royal Academy of Arts London, the Peabody Essex Museum, and the deCordova Museum.

His art works can be viewed at Ocean Books and Art Gallery Florida, and Walter Wickiser Gallery New York. Vose Galleries of Boston has described his canvases as "brilliant, moody, dramatic, colorful atmospheres."

An enthusiastic, knowledgeable, experienced speaker, Stone



Mr. Stone will speak at Sunday AuthorTalks, at the Paul Pratt Memorial Library, on Jan. 10, at 4 p.m. COURTESY PHOTO

designs his multimedia presentations to inform, inspire, and challenge his audience.

His critics often compare the spirit of his work to marine biologist and conservationist Rachel Carson.

A wine and cheese reception will follow Mr. Stone's talk and his book will be available for purchase and signing. Admission is free. Seating is first-come, first-seated.

—Sunday AuthorTalks is sponsored by Dean and Hamilton Realtors, A Taste for Wine and Spirits, and the Goodale Insurance Company. For more information about the AuthorTalk series, call the library at 383-1348 or visit online: cohassetlibrary.org.

If you go

WHAT: Peter C. Stone at Sunday Author Talks

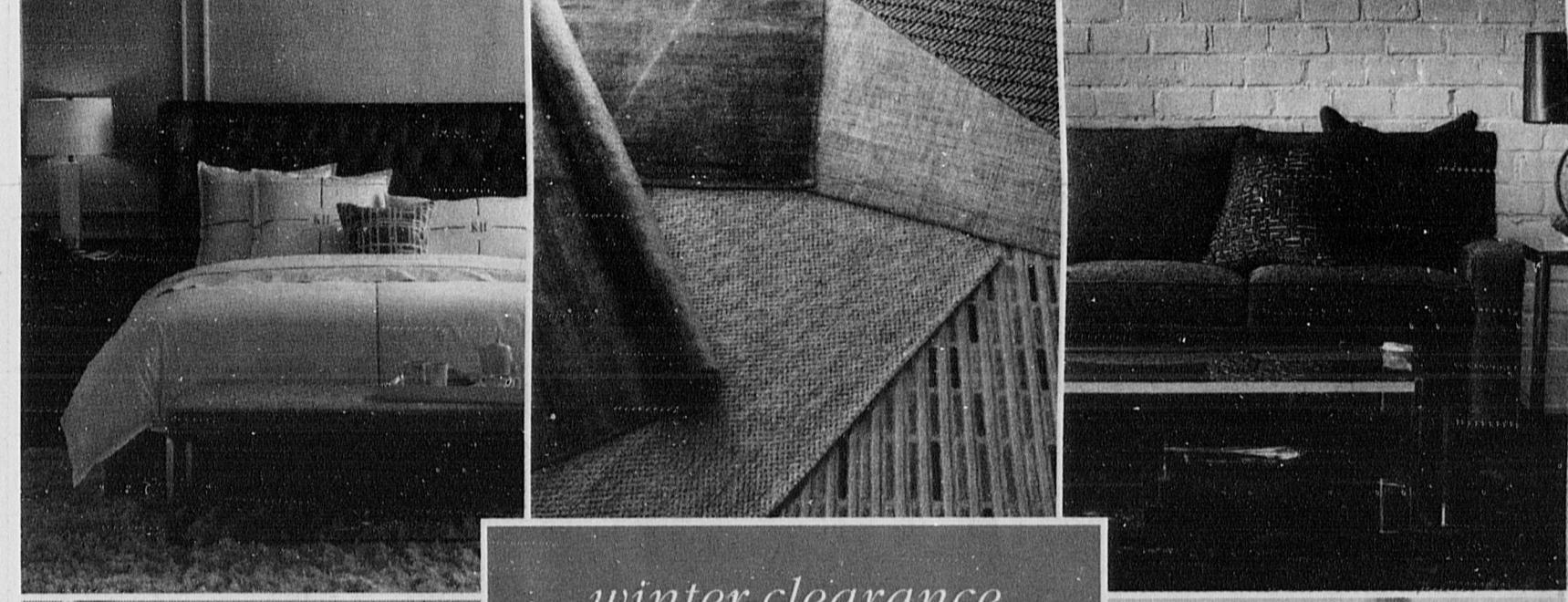
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INFO: 383-1348 or cohassetlibrary.org

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CONSERVATORY NOTES

'Twas the month after Christmas

By Su D'Ambrosio

Twas the month after Christmas and fall sports were done, everyone's bored and longing for fun.

I look at the schedule to see if there's time, to add in some things that will strengthen our minds.

I want to find something exciting and new, a class about something we all love to do, something to help us all open our minds, activities certain to help us unwind.

In school my kids focus on reading and math, they need time to follow a creative path.

For me, I am looking for new friends and fun, now that a shiny new year has begun.

The arts! That's it! The arts will provide a chance to spread all our creative wings wide.

The arts feed our souls like nothing on earth, and all of us have them within us since birth.

But where can I turn to find such a thing? A place where we all can let our hearts sing?

Classes that help us to



South Shore Conservatory's Jazz/Rock/Pop faculty offer something new in the new year. COURTESY PHOTO

learn and explore a side of ourselves hardly noticed before?

Then what to my wondering eyes should appear, but a newspaper article written with care,

That told me of options in music and dance, drama and concerts - so now I can plan!

SSC is a place where performing arts thrive and it's on the South Shore - not too far to drive!

They provide us all access to arts education, among the top schools of its kind in the nation!

My daughter loves singing: Pure Treble for her,

Stage Club is what my teen son would prefer.

I think that Rock Band will help me to bring out the rock star inside me that's longing to shout!

We will gain confidence and self-esteem,

while we are learning and living our dream

For all of us have a true artist inside, that yearns to be nurtured and shown off with pride.

You too can have fun while you try something new,

to learn more about us here's what you can do:

Call us or email or visit our site.

Happy New Year to all and to all a good night!

For more information on lessons, classes, creative arts therapies and performance at South Shore Conservatory, please visit www.sscmusic.org or call 781-749-7565 ext.10.

—Su D'Ambrosio is Director of Programs and Curriculum for South Shore Conservatory. She lives in Plymouth with her daughters Maria and Rosa, and her dog Bernie who is starting his own doggie dance class, Hip Hop for Hounds, featuring the music of Snoopy Dogg.

DOG TALES

Thor: a good old Lab

I am Thor, a 10-year old yellow lab. Life was great until my owner died and I lost both a nice owner and my brother lab. I do have some arthritis, but the good news for you is that I won't be demanding a walk from here to the Cape, if you know what I mean.

I am well house-trained and I know everything about how to be a proper house pet. All I want is a

home somewhere to live out my life and everything would be lovely. If all you want is a friend to sit at your feet most of the day I'm the dog for you.

Interested? Email at Info@scituateanimalshelter.org or call 781-544-4533

—As told to Bob Ryan, Boston Globe columnist emeritus and ESPN commentator.



Thor is a yellow lab with a big smile and lots of love to share. COURTESY PHOTO



Look Back at the best of 2015!

Look for the
Readers Choice Review
section in today's paper!

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These results were first published in June 2015,
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AROUND TOWN

Resolve to send in your news!

Greetings

Hi Cohasset, Happy New Year! I didn't write last week as the Mariner edition was dedicated to the Year in Review, so I wanted to touch base today and hope that everyone's holidays were exactly what you hoped for and that you are ready for 2016. I

know that resolutions are being made or started, school is back in action and vacations for the most parts are over, but try each week to take a day, evening or even a few hours to decompress with family, friends or, just by yourself to just enjoy time and the moments. I know I say it often but look how fast the holidays flew by — fast moments now turned into memories, wow! Enjoy your week Cohasset 1-4-3.



JENNIFER PIEPENBRINK

St. Paul's

Hats off to Saint Paul School Middle School student **Chris Brandt** of Cohasset who has been named to the grade five first honors list. Way to go, Chris!

MLK Breakfast

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Email news

A quick reminder for this year before I start the column is for everyone out there whether individuals, businesses or organizations/schools/recreation, etc. PLEASE send in all your news, info and deadlines, and stop just posting on social media. I have had emails and messages sent over the last few months, especially this past week over not placing key info in this column. I cannot do that unless I get the OK or info sent via email. The email is aroundtowncohasset@yahoo.com or you can call me at 781-783-2442.

Send in news

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 2 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

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SAVE THE DATE

College president speaker at MLK Breakfast

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This year's honored guest and keynote speaker will be Lee Pelton, President of Emerson College. Pelton is the 12th president of Emerson College in Boston. He is a nationally and internationally known speaker and writer on the value of a liberal education and the importance of leadership development, civic engagement, and diversity in higher education. He came to Emerson on July 1, 2011, after serving for 13 years as the president of Willamette University in Salem, Oregon.

Pelton began his academic career at Harvard University, where he earned a PhD in English literature with an academic focus on 19th-century British prose and poetry. He taught English and American literature at Harvard and served as senior tutor at Winthrop House. He later served on the Harvard Board of Overseers and as a vice-chair of its executive committee. After Harvard, Pelton served as dean of the college at Colgate University and Dartmouth College.

He was recognized as a thought leader in Boston Magazine's May 2014 issue: "The Power of Ideas: 75 Bold Thinkers Who Are Shaping Our City and the World." He has also been featured in the New York Times, the Boston Globe, the Presidency Magazine, the Chronicle of Higher Education, Color Magazine, Diverse: Issues in Higher Education, Diversity Journal, the Oregonian, Oregon Business Journal, and the Seattle Times, and he has been a guest on NPR affiliate station WBUR. In March 2012, he was awarded the Freedom House's "Champion of Freedom Award," and he has received honorary degrees from the Boston Urban College, Tokyo International University, and Tavrida National University (Ukraine).

For more information please contact Connie Afshar at 781 383 6006 or c.afshar@comcast.net.

MLK BREAKFAST

Date: Monday, Jan. 18
Time: 9 to 11 a.m.
Place: St. Stephen's Episcopal Church, Walton Rodgers Hall, 16 Highland Ave.



This year's guest and keynote speaker will be Lee Pelton, President of Emerson College. COURTESY PHOTO

PLEASE RECYCLE THIS NEWSPAPER

DON'T MISS THIS

Help with the process of getting organized

Workshop Tuesday at Community Center

By Amanda C. Thompson
a.thompson@wickedlocal.com

You've heard it said, "If you want something done, ask the busiest person you know." But why does it work that way? Professional organizer Lisa Dooley said it's simply because those people are the most organized.

"That's what being organized is," said Dooley. "It's not boxes or bins or labels; it's about managing your time effectively, and managing your life effectively."

Getting organized is one of the most common New Year's resolutions, just like losing weight or getting healthy, but according to Dooley, it can be easier said than done. People believe they can wave a magic wand and, magically, their lives will become organized.

In reality, "organizing is a process," Dooley said. "It's not an event. You have to follow a path." And to really get anywhere, you have to decide where that path is going. It is important to set an end goal, as well as mile markers along the way in order to measure the journey.

Decide: what's your priority? Do you need better access to financial files and important documents? Does your family struggle to keep everyone's schedules straight? Have you accumulated too many pictures and classroom doodles from small children and need a way to preserve and appreciate them? Are you overwhelmed with inherited belongings from an older relative's estate?



Lisa Dooley was organizing for friends and family for years before deciding to pursue it as a career choice. She is now a member of the National Association of Professional Organizers.

COURTESY PHOTO

On a daily basis, professional organizers like Dooley work with clients to tackle specific problems like these. But even for clients with similar problems and goals, there's no one-size-fits-all solution.

Organizing is "intuitive," said Dooley. Everyone has their own "aha moment" when they realize which strategy is going to work for them.

For instance, as a mom of two boys (now grown and off at college), Dooley is really good at organizing Legos, toy trucks, and sports equipment, but has never needed to organize Barbie dolls. They're not organized the same way.

"Every client needs something different, and that's what I love about this job," said Dooley. "I love variety. I'm there to be a tool in my client's toolbox."

Dooley has been a professional organizer for five years, following a career in

high tech, and is a member of the National Association of Professional Organizers. She was organizing for friends and family for years before deciding to pursue it as a career choice.

Dooley ran a community seminar in September that focused on small projects that could be accomplished in a short time frame. Having clearly defined and finite projects is one strategy that can be applied across the board, no matter the client and no matter the challenge.

That seminar taught her that many people in Cohasset struggle to organize, care for, and enjoy their memorabilia and photos. So she'll be running a second workshop focused on that specific problem on Tuesday, Jan. 12th at 9:30 a.m. at the Community Center. Guests are invited to pre-register for \$25 at southshorecommunitycenter.com.

Dooley has a few big tips for those who wish to preserve their photos: get them out of basements and attics, where heat, damp, and critters can make the decision for you about which memories to save. And get them out of those old, sticky-paged photo albums with the pull-back plastic film on each page — they're full of acid and will turn your photos yellow!

As for general advice, if you're one of the many who resolved to become more organized in 2016, here are Dooley's top five tips.

1. Create a filing system that works for you. Remove old tax returns and unneeded bill statements — shredding anything with critical information — and move rarely used files out. The average person spends 50 minutes a

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day looking for lost or misplaced items — don't waste your time looking for that missing information in outdated and overcrowded files.

Invest in quality filing products including filing cabinets, pendaflex and folders so that filing is easier and you're more likely to follow up on the task. Make space for what you really need access to and move out the rest.

2. Commit to a calendar system. Whether you choose an electronic app on your phone or computer or a traditional paper model, figure out what works best for you and use it consistently. Missed appointments and due dates mean late fees — being disorganized costs you money. If keeping your family organized is a challenge, keep a large family/household calendar that is visible for everyone. Assign a color to each family member so it is easy to see each person's commitments.

3. Lighten up and let it go. We all buy or receive items that just don't work for us — that sweater or pasta maker that's taking up physical and psychic space in our home. Give gently used items new life by selling on eBay, online yard sales or Craigslist or donating via Freecycle, VVA, Big Brother/Big Sister. Letting go of a gift doesn't mean you love the giver any less or you don't appreciate the thought — you just aren't using the item and someone else might. Take back your space and feel lighter (and maybe a

bit richer) in the process.

4. Sort your mail daily.

There are three types of mail — things we can get rid of immediately (think junk mail and unwanted catalogs),

things we have to act on (a follow up call, a bill to pay) and things we can file (EOB from the insurance company, a statement from the bank).

Stand over the recycling bin and sort the mail daily — you'd be surprised how much less you have to actually deal with.

Creating piles of mail to be sorted through "later" makes the task more overwhelming and you're guaranteed to miss the one piece you really needed to act on immediately.

5. Honor your memories. Don't let your photos and memorabilia languish in boxes in the basement and attic — display and enjoy them now! There are many ways to correctly preserve and display those items — I am presenting a seminar at the South Shore Community Center on Tuesday, January 12th to talk about getting this project started.

Time, heat and moisture are the enemies of photos and VHS tapes — don't let the elements make your decisions for you.

To work with Lisa Dooley individually, visit her website at yourorganizedlife.biz, email her at lisa@yourorganizedlife.biz, or give her a call at 617-240-7451.

— Follow Amanda on Twitter for updates: @MarinerAmandaT

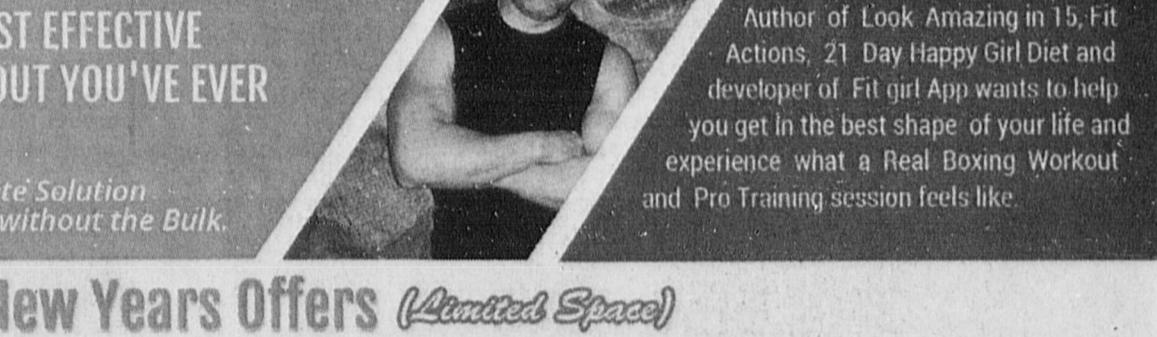
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Chelsea, Cohasset



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CONSERVATORY NOTES

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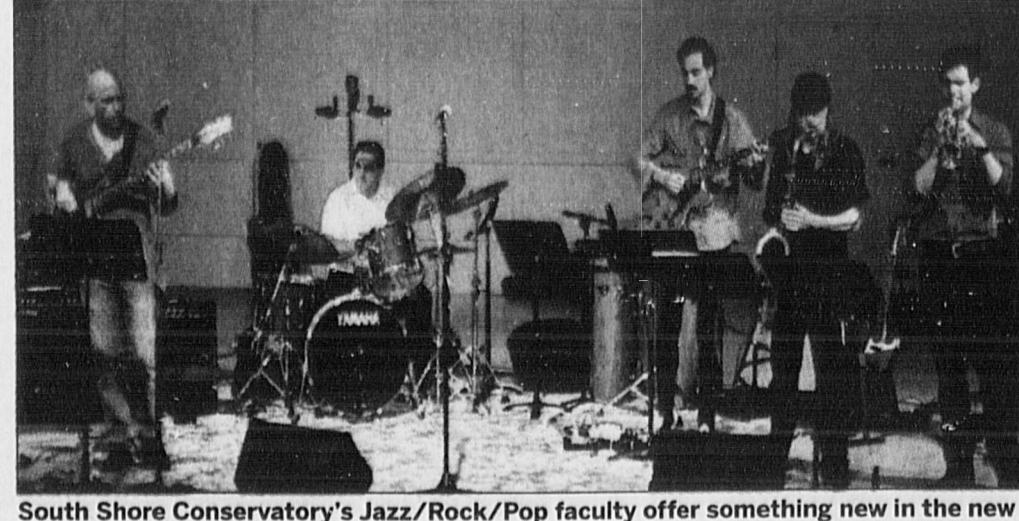
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South Shore Conservatory's Jazz/Rock/Pop faculty offer something new in the new year. COURTESY PHOTO

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—Su D'Ambrosio is Director of Programs and Curriculum for South Shore Conservatory. She lives in Plymouth with her daughters Maria and Rosa, and her dog Bernie who is starting his own doggie dance class, Hip Hop for Hounds, featuring the music of Snoopy Dogg.

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AROUND TOWN

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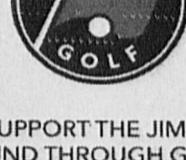
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SAVE THE DATE

College president speaker at MLK Breakfast

Please join the Cohasset Clergy and the Cohasset Diversity Committee in honoring the memory and achievements of Dr. Martin Luther King, Jr. at Cohasset's 14th annual Dr. Martin Luther King, Jr. Breakfast.

The Breakfast will be held on Monday, Jan. 18 at St Stephen's Episcopal Church, Walton Rodgers Hall, 16 Highland Ave., from 9 to 11 a.m. A full breakfast will be served from 9 to 10 a.m. followed by an uplifting program from 10 to 11 a.m. honoring the legacy of Dr. King. Admission is \$5 per person or \$15 per family. Childcare will be provided.

This year's honored guest and keynote speaker will be Lee Pelton, President of Emerson College. Pelton is the 12th president of Emerson College in Boston. He is a nationally and internationally known speaker and writer on the value of a liberal education and the importance of leadership development, civic engagement, and diversity in higher education. He came to Emerson on July 1, 2011, after serving for 13 years as the president of Willamette University in Salem, Oregon.

Pelton began his academic career at Harvard University, where he earned a PhD in English literature with an academic focus on 19th-century British prose and poetry. He taught English and American literature at Harvard and served as senior tutor at Winthrop House. He later served on the Harvard Board of Overseers and as a vice-chair of its executive committee. After Harvard, Pelton served as dean of the college at Colgate University and Dartmouth College.

He was recognized as a thought leader in Boston Magazine's May 2014 issue: "The Power of Ideas: 75 Bold Thinkers Who Are Shaping Our City and the World." He has also been featured in the New York Times, the Boston Globe, the Presidency Magazine, the Chronicle of Higher Education, Color Magazine, Diverse: Issues in Higher Education, Diversity Journal, the Oregonian, Oregon Business Journal, and the Seattle Times, and he has been a guest on NPR affiliate station WBUR. In March 2012, he was awarded the Freedom House's "Champion of Freedom Award," and he has received honorary degrees from the Boston Urban College, Tokyo International University, and Tarvida National University (Ukraine).

For more information please contact Connie Afshar at 781 383 6006 or c.afshar@comcast.net.

MLK BREAKFAST

Date: Monday, Jan. 18
Time: 9 to 11 a.m.
Place: St. Stephen's Episcopal Church, Walton Rodgers Hall, 16 Highland Ave.



This year's guest and keynote speaker will be Lee Pelton, President of Emerson College. COURTESY PHOTO



PLEASE RECYCLE THIS NEWSPAPER

DON'T MISS THIS

Help with the process of getting organized

Workshop Tuesday at Community Center

By Amanda C. Thompson
athompson@wickedlocal.com

You've heard it said, "If you want something done, ask the busiest person you know." But why does it work that way? Professional organizer Lisa Dooley said it's simply because those people are the most organized.

"That's what being organized is," said Dooley. "It's not boxes or bins or labels; it's about managing your time effectively, and managing your life effectively."

Getting organized is one of the most common New Year's resolutions, just like losing weight or getting healthy, but according to Dooley, it can be easier said than done. People believe they can wave a magic wand and, magically, their lives will become organized.

In reality, "organizing is a process," Dooley said. "It's not an event. You have to follow a path." And to really get anywhere, you have to decide where that path is going. It is important to set an end goal, as well as mile markers along the way in order to measure the journey.

Decide: what's your priority? Do you need better access to financial files and important documents? Does your family struggle to keep everyone's schedules straight? Have you accumulated too many pictures and classroom doodles from small children and need a way to preserve and appreciate them? Are you overwhelmed with inherited belongings from an older relative's estate?



Lisa Dooley was organizing for friends and family for years before deciding to pursue it as a career choice. She is now a member of the National Association of Professional Organizers.

COURTESY PHOTO

On a daily basis, professional organizers like Dooley work with clients to tackle specific problems like these. But even for clients with similar problems and goals, there's no one-size-fits-all solution.

Organizing is "intuitive," said Dooley. Everyone has their own "aha moment" when they realize which strategy is going to work for them.

For instance, as a mom of two boys (now grown and off at college), Dooley is really good at organizing Legos, toy trucks, and sports equipment, but has never needed to organize Barbie dolls. They're not organized the same way.

"Every client needs something different, and that's what I love about this job," said Dooley. "I love variety. I'm there to be a tool in my client's toolbox."

Dooley has been a professional organizer for five years, following a career in

high tech, and is a member of the National Association of Professional Organizers. She was organizing for friends and family for years before deciding to pursue it as a career choice.

Dooley ran a community seminar in September that focused on small projects that could be accomplished in a short time frame. Having clearly defined and finite projects is one strategy that can be applied across the board, no matter the client and no matter the challenge.

That seminar taught her that many people in Cohasset struggle to organize, care for, and enjoy their memorabilia and photos. So she'll be running a second workshop focused on that specific problem on Tuesday, Jan. 12th at 9:30 a.m. at the Community Center. Guests are invited to pre-register for \$25 at southshorecommunitycenter.com.

Dooley has a few big tips for those who wish to preserve their photos: get them out of basements and attics, where heat, damp, and critters can make the decision for you about which memories to save. And get them out of those old, sticky-paged photo albums with the pull-back plastic film on each page — they're full of acid and will turn your photos yellow!

As for general advice, if you're one of the many who resolved to become more organized in 2016, here are Dooley's top five tips.

1. Create a filing system that works for you. Remove old tax returns and unneeded bill statements — shredding anything with critical information — and move rarely used files out. The average person spends 50 minutes a

Lisa Dooley is running a workshop on Tuesday, Jan. 12th at 9:30 a.m. at the Community Center. Guests are invited to pre-register for \$25 at southshorecommunitycenter.com.

day looking for lost or misplaced items — don't waste your time looking for that missing information in outdated and overcrowded files.

Invest in quality filing products including filing cabinets, pendaflex and folders so that filing is easier and you're more likely to follow up on the task. Make space for what you really need access to and move out the rest.

2. Commit to a calendar system. Whether you choose an electronic app on your phone or computer or a traditional paper model, figure out what works best for you and use it consistently. Missed appointments and due dates mean late fees — being disorganized costs you money.

If keeping your family organized is a challenge, keep a large family/household calendar that is visible for everyone. Assign a color to each family member so it is easy to see each person's commitments.

3. Lighten up and let it go.

We all buy or receive items that just don't work for us — that sweater or pasta maker that's taking up physical and psychic space in our home. Give gently used items new life by selling on eBay, online yard sales or Craigslist or donating via Freecycle, VVA, Big Brother/Big Sister. Letting go of a gift doesn't mean you love the giver any less or you don't appreciate the thought — you just aren't using the item and someone else might. Take back your space and feel lighter (and maybe a

bit richer) in the process.

4. Sort your mail daily. There are three types of mail — things we can get rid of immediately (think junk mail and unwanted catalogs), things we have to act on (a follow up call, a bill to pay) and things we can file (EOB from the insurance company, a statement from the bank). Stand over the recycling bin and sort the mail daily — you'd be surprised how much less you have to actually deal with.

Creating piles of mail to be sorted through "later" makes the task more overwhelming and you're guaranteed to miss the one piece you really needed to act on immediately.

5. Honor your memories. Don't let your photos and memorabilia languish in boxes in the basement and attic — display and enjoy them now! There are many ways to correctly preserve and display those items — I am presenting a seminar at the South Shore Community Center on Tuesday January 12th to talk about getting this project started. Time, heat and moisture are the enemies of photos and VHS tapes — don't let the elements make your decisions for you.

To work with Lisa Dooley individually, visit her website at yourorganizedlife.biz, email her at lisa@yourorganizedlife.biz, or give her a call at 617-240-7451.

— Follow Amanda on Twitter for updates: @MarinerAmandaT

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Chelsea, Cohasset



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BEFORE AND AFTER



This year's guest and keynote speaker will be Lee Pelton, President of Emerson College. COURTESY PHOTO

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UPDATE

CSCR students get the drift

By Amanda C. Thompson
athompson@wickedlocal.com

Not all those who wander are lost.

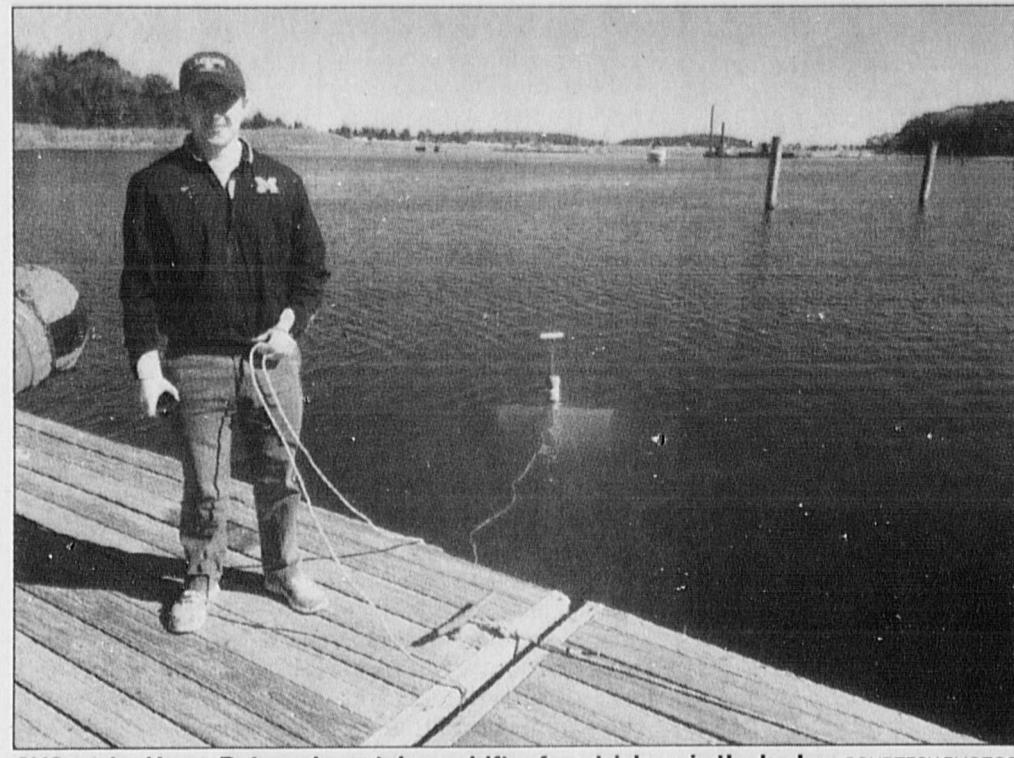
At least, these drifters aren't. Jack Buckley and his students at the Center for Student Coastal Research built them specifically to go a-wandering in the waters of Massachusetts Bay. Like little robot Lewis and Clark, the drifters have been sent out to map uncharted terrain.

The drifters are outfitted with GPS transmitters to help researchers track the movements of local surface currents. While scientists have a good grasp of some of the larger currents in the world, like the Gulf Stream that brings up warm water in the summer and the Arctic currents that bring down cold water in the winter, very little is understood about smaller current systems close to home.

Surface drifters sit just below the surface of the water, with only a very small piece of the apparatus exposed. That way, wind can't interfere with its movement.

The Center has been monitoring two drifters that were launched at the Stellwagen Bank on Halloween, as well as a third that was launched over the summer and has now moved out into the Atlantic Ocean. All three drifters were constructed and launched by student volunteers, with help from local business Seams Sew Right.

"It was very interesting trying to figure out ways to better construct drifters," said Cohasset High School senior Nick Rosen, who worked on the project over the summer. "It was always incredibly satisfying to watch what we built drift



CHS senior Henry Butenschoen takes a drifter for a trial run in the harbor. COURTESY PHOTOS

off in the ocean and then be able to track it."

Students made the drifters out of easy-to-find, affordable parts purchased for under \$100 at the local hardware store. And that, according to coordinator Jack Buckley, was exactly the intent of the project: to show students how easily they could build and deploy a piece of equipment like this.

The most expensive piece was the GPS tracker attached to each drifter. These had to be supplied through a partnership with Jim Manning at the Northeast Fisheries Science Center. Manning and the Science Center continue to support the venture by assisting in data collection, including drifter travel speed, distance, and direction at several points throughout the day.

Buckley looks forward to working with Manning to introduce students to Python programming

"It was always incredibly satisfying to watch what we built drift off in the ocean and then be able to track it."

Nick Rosen, CHS student

computer language, which will enable them to manipulate data in the same ways as professional scientists.

Cohasset High School senior Henry Butenschoen has already gotten his feet wet in the waters of data comparison. As part of "the Watershed Institute," he gets to place data from the Cohasset drifter he helped launch in October side by side with data from other drifters owned by the Northeast Fisheries Science Center.

But now, data analysis isn't just for the students. The Center for Student Coastal Research has invited families in the

community to participate in the weekly drifter prediction contest. The closest guess each week scores points, and the three families with the most points at the end of the contest get \$75 off a family membership to the Center (a \$325 value).

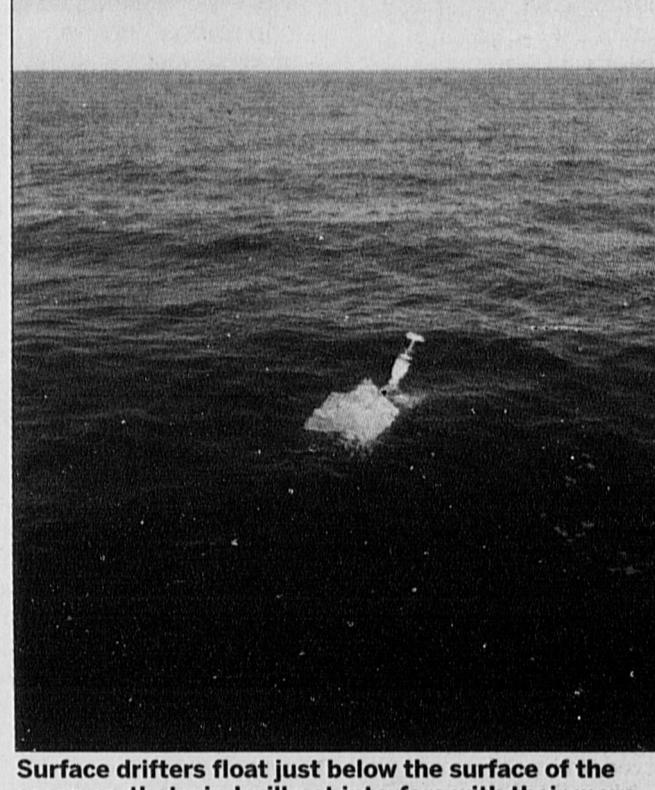
The contest ends when the satellite collection with the drifters is lost.

To play, access the drifter prediction map through the Center's website, cscr.org. Winners are determined on Sundays.

—Follow Amanda on Twitter for updates: @MarinerAmandaT



CHS senior Henry Butenschoen prepares to launch a surface drifter that he and his peers built at the Center for Student Coastal Research over the summer. Equipped with a GPS tracker, the drifter will enable Clay and others to study local surface currents.



Surface drifters float just below the surface of the ocean so that wind will not interfere with their movement. The only part sticking out is a GPS device that transmits the drifter's travel speed, distance, and location throughout each day.

YOGA

From Page A1

certain medications because of the practice.

"This daughter wanted people to feel as good as her mom felt," said Di Lillo. So the student, who wished to remain anonymous, funded four January classes to give other seniors the chance to experience the healing and wellness her mother had enjoyed.

Di Lillo will lead two gentle yoga classes at Willcutt Commons this month: Jan. 12th and Jan. 26th, 9:30-10:30 a.m. Gentle yoga is a flowing practice that can increase mobility,

calm the senses, and leave practitioners feeling balanced and invigorated.

On alternate weeks, Jennifer Wilms will lead yoga meditation classes on Jan. 14th and Jan. 28th from 8:30-9:30 a.m. These classes will incorporate moving meditations, guided meditations, and insight meditations along with yoga in order to calm and relax the mind.

Di Lillo and the anonymous benefactor both felt that January was the best time to offer these complimentary trial classes, as the new year is a popular time to start a new practice. Hopefully, this will open the door for more seniors to take

advantage of this simple yet effective opportunity for self-care by participating in Di Lillo's regular gentle flow yoga, chair yoga, and yoga meditation classes.

As an Experienced Registered Yoga Teacher, Di Lillo is certified to teach basic yoga flow, therapeutic yoga, and classes for seniors, teens, and kids. She teaches at Balance Yoga Studio, the Cohasset Rec Center, Willcutt Commons, Harborview Center for Nursing and Rehabilitation, Cohasset Golf Club, and privately at clients' homes. She has a middle/high school level class coming up soon at the Rec Center.

For Di Lillo, the yogic

journey began when she got married and moved to Singapore, where her visa did not allow her to work. Before that, she never imagined herself getting into yoga. She was used to working a nine-to-five, if a bit restlessly. But she needed to do something with her time, so she learned the language, and she learned yoga.

"I took my very first yoga class ever with an Indian man who was in his 80s," she remembered. "He looked 30. He was soulful, elegant, gentle; he vibrated with health and wellness."

His spirit captured her imagination, and she brought his lessons with her when she returned to the

States. Those lessons carried her through the stress of moving repeatedly for her husband's work. They carried her through pregnancy. They gave her a way to work part-time as a new mother, rather than having to return to the "cage" of a nine-to-five job.

Though she's taught students of all ages and abilities, Di Lillo's passion is for therapeutic yoga, partly because yoga has helped her manage scoliosis since she was diagnosed in her 20s. But the benefits, she said, go far beyond the physical. And she just loves working with seniors.

"I was close to my grandmother growing up," she explained. "Teaching seniors helps me to still feel that connection."

For more information about the classes at Willcutt Commons this month, call Liza Salerno at Elder



As an experienced registered yoga teacher, Di Lillo is certified to teach basic yoga flow, therapeutic yoga, and classes for seniors, teens, and kids. COURTESY PHOTO / JANN TENENBAUM

Affairs at 781-383-9112. Di Lillo can be reached directly at abdyoga@me.com.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Thanks for speaking up in 2015

Before 2016 gets too far along, we still have some important 2015 business to attend to.

Some of the following names may be familiar to you, others may not be. But the people attached to these names all have one thing in common: they wrote at least one letter-to-the-editor or penned a commentary to the Cohasset Mariner in 2015.

A few wrote thank you notes to the people of Cohasset or organizations for their help or support; others complained about a decision or lobbied to have their views considered; while still others educated us about programs, problems or activities.

But no matter what the subject, putting pen to paper to share your views with your fellow citizens is important. The First Amendment is close to our hearts here in the newspaper business and at no time do we appreciate it more than when ordinary citizens, like those listed here, take advantage of their Freedom of Speech. And what better vehicle is there than your local paper?

So here at the Mariner, we salute the following citizens:

(Please note: if more than two people signed a letter, only the first person is listed. Unless they also penned a letter, names of our regular columnists are not included.)

Jennifer Askjaer & Mary Henry, Bryan Baldwin, Barbara Baumgarten, Russell Bonetti, Jack Buckley, Henry Butenschoen, Paul Carlson, John

C. Cavanaro, Francis D. Collins, Gail Collins, Noel Collins, Rev. John Covell, Margot D. Critchfield,

Anne Dattilio, Timothy Davis, Lynne DeGiacomo & Kathy O'Malley, Ralph Dormitzer, Lynn Fahie, Ruth Fennessey,

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Sarah Hannan, Vinny Harte & Monica McKenna, Jack Hernan, Thomas Hickey, Mary Stanton

Hynes, Diane Kennedy, Thomas W. Killilea, Jim Marten, Agnes McCann, John McSheffrey, Taffy Nothnagle, Nathaniel Palmer, Andrew Quigley, Jim Quirk,

Gary & Judy Ritts, Paul J. Schubert, John W. Steinmetz, Patricia Thompson, Judith Van Hamm, Rev. Barbara K. Welch, and Peter J. Wood.

The editorial pages of the Cohasset Mariner belong to you. It's where you can speak out or just say thank you to a citizen or group that went beyond the call of duty.

Sometimes it takes a good dose of courage to let your voice be heard, but we think it's worth it. Often one voice is all the inspiration needed to propel others to action.

To those of you that have thought about writing and haven't, please reconsider. To those whom we hear from on a regular basis, keep writing!

There are lots of weeks to go in the New Year — which will be filled with events, decisions, happenings and controversy. Let us hear what you think in 2016.

BRIEFLY

Opening on Elder Affairs

The Board of Directors of the Council of Elder Affairs announced an opening for a new associate member. Anyone interested in taking part is encouraged to submit an application, resume and a letter of interest to Tracy Connors, assistant

to the town manager. Items can be emailed to tconnors@cohassetma.org, or mailed to the Selectmen's Office, 41 Highland Ave., Cohasset, MA 02025. For an application and more information: Tearlson1@aol.com.

Cohasset Mariner

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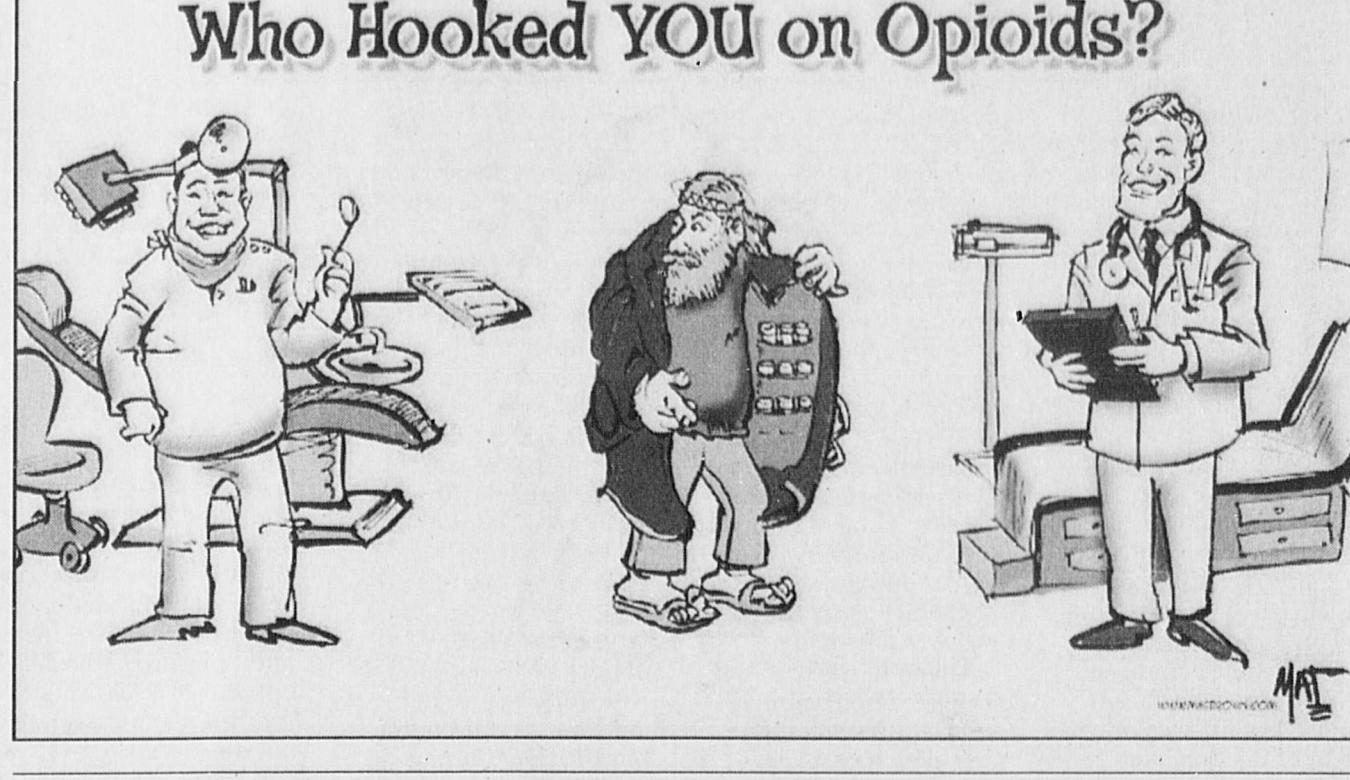
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HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



PUSHING THE EDGE

Any predictions for 2016?



GLENN MANGURIAN

We can only control what we can control — the decisions we make about the circumstances we face.

release that you have been carrying from the past?

Each of us can remember an event from the past which was very upsetting. Sometimes the upset diminishes over time but sometimes it grows.

Although we can't change the past, we can change how we relate to the past.

2. What good deed can you do and expect nothing in return?

You know the saying "You scratch my back and I'll scratch yours." It is an example of a quid pro quo belief on life. But, why not do a good deed just because it is the

right thing to do and not because you want something in return?

3. What can you do (or stop doing) that will make you happier?

We think we know what makes us happy but how much time do we devote to these things? What new behaviors or actions can make us happier? If we build these actions (or non-actions) into habits maybe we can be a bit happier in 2016.

I offer these questions as a discussion starter. Maybe they would make good dinner conversation. Happy 2016!

— Glenn Mangurian is a Hingham resident of 30 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontierworks.com

SCHOOLS

New Strategic Plan in the works

Community invited to participate

The Cohasset Public Schools is in the process of completing a new Strategic Plan. The purpose of the plan is to communicate to the district the goals and the actions needed to achieve them. The last Strategic Plan was established in 2012 and it expires at the

conclusion of this school year.

The plan established a vision for the Cohasset Public Schools, created the strategic objectives comprising of four areas and supported the four areas with activities that would allow for successful outcomes. That plan is nearly complete and a new one needs to be established for the next five years.

The Cohasset Public Schools would like to invite the community to participate in the

development of the new Strategic Plan by serving on a focus group. We are organizing small groups of individuals who are willing to contribute ideas that will support the schools in the coming years.

Two meetings have been set aside to allow for this opportunity. We hope you might join us on Thursday, Jan. 21st, from 6 to 7:30 p.m. or Saturday, Jan. 23rd from 10 to 11:30 a.m.

If you would like to participate, please contact Jennifer Souretis,

MEETINGS

Two meetings have been set aside to allow for this opportunity:

■ Thursday, Jan. 21st, from 6 to 7:30 p.m.

■ Saturday, Jan. 23rd from 10 to 11:30 a.m.

Administrative Assistant for the Superintendent, by email jsouretis@cohassetk12.org or call 781-383-6111. The groups will be limited to 15.

DON'T MISS THIS

Time to complete 2016 town census

The 2016 Annual Town Census forms have been mailed to every household in Cohasset.

This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31. Dog forms need to be returned as soon

as possible with a current rabies certificate.

Compliance with this

State requirement provides proof of residency, street listings, veteran's bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form does not register anyone as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is primarily used to update the voting list, statistics on children are taken for the School Committee, providing it with data on current enrollment as well as present and future school population.

The School Committee uses the annual census information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported

and all dates of birth are accurate.

Any member of the family in the Military Service, away at college or confined to a rest home whose legal residence is the same as the person filling out the form should be included on this form.

To receive a Census form, or for information: Town Clerk's Office, 781-383-4100, ext. 106.

DON'T MISS THIS

Get the Mariner delivered to your home

One of the most frequent complaints we hear from readers is that they cannot find a copy of the Cohasset Mariner on newsstands around

town because it has sold out.

If you do not currently subscribe to the Cohasset Mariner, you might consider doing so! It is

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HEALTH NOTES

Ways to be healthier in 2016

By Susan Sarni

Is a healthy lifestyle a 2016 goal for you? If so, you are not alone. According to the Center for Disease Control (CDC) in Massachusetts 23.6 percent of adults are obese and another 34.4 percent of adults are overweight.

This summer the Massachusetts Department of Public Health published the results from the Body Mass Index (BMI) Screening in Massachusetts Public School Districts from 2013. Body Mass Index (BMI) is a person's weight divided by height. A high BMI may be an indicator of high body fat. Data shows that children with a high BMI are more likely to become overweight or obese adults and be at a higher risk for diabetes, heart disease and some cancers. Helping children attain a healthy weight now, and stay at a healthy weight, may prevent serious illness later in life.

Data from Cohasset's children in first, fourth, seventh and tenth grades shows that 15.7 percent are overweight or obese. Looking at the grades individually, the statistics for overweight or obese children increased from 8.2 percent of Cohasset's 4th graders to 25.3 percent of Cohasset's 10th graders.

Eating right is an important part of keeping a healthy diet. In Massachusetts 23.5 percent of the adults do not engage in any physical activity. Only 23.5 percent of the adults are meeting the aerobic

The good news is that physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

and muscle strengthening guidelines. The good news is that physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones

Lift your mood

- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

For most healthy adults, the Department of Health and Human Services recommends at least 2½ hours per week of moderate aerobic activity or 1½ hours a week of vigorous aerobic activity – preferably spread throughout the week – and strength training exercises at least twice a week.

Trails

Families can exercise together in many of our trails. The Trustees of Reservations Whitney and Thayer Woods offer 10 miles of trails. Wheelwright Park has 232 acres

of protected forest habitat which contains a skating pond, benches and tables for lunch on over 4000 feet of enhanced trails and paths. Wheelwright Park is listed in The Historical Index Survey of Architectural and Historical Assets of the Commonwealth of Massachusetts and it is right here in our backyard! The Barnes Wildlife Sanctuary has 32 acres of parcel and Holly Hill Farm which is another 120 acres of trails.

Why not try these trails out with snow shoes or your cross country skis? These trails also offer quests, which is an outdoor treasure hunt. The quest is an outdoor trail where you can enjoy nature while looking for clues.

Starting in 2016 please visit the town website Health Department home page and find helpful links in News and Announcements. This month the Board of Health will provide maps and links to the trails you and your family can enjoy. You will also find links to apps and quest guides for your family.

Let's all support each other and make Cohasset a healthier community in 2016.

— Susan Sarni is the Cohasset Director of Public Health.

LIBRARY CORNER

Save the date: Sunday Author Talks

Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit cohassetlibrary.org.

Movie Matinee at the Library: Visitors can enjoy a free, daytime movie at the library at 11 a.m. Jan. 8, 2016. Light refreshments will be donated by Shaw's of Cohasset. Call the library for movie details.

Sunday Author Talks: Peter C. Stone will give a talk about his book "Waltzes with Giants: The Twilight Journey of the North Atlantic Right Whale" at 4 p.m. Jan. 10, 2016. A wine and cheese reception and book signing will occur after the talk. Free admission. Seating is limited. Sunday Author Talks series is sponsored by Dean & Hamilton Realtors, Goodale Insurance and A Taste For Wine & Spirits.

E-Book workshop: Learn how to download free e-books to a tablet or e-reader at 6:30 p.m. Jan. 13. Bring a mobile device and passwords to have a hands-on experience.

LIBRARY KIDS

Lego Club meets 4 p.m. Mondays

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at: cohassetlibrary.org.

Programs

Mamasteph: 10:30 a.m. Mondays
Lego Club: 4 p.m. Mondays

Drop In Crafts: Between 10:30 a.m. and 1 p.m. Thursdays

Storytime with Mrs. Moody: 10 a.m. Jan. 5 and 19

Partner Reading with Sophie the therapy dog: 4-5 p.m. Jan. 5 and 19

Puppet Story Time with

Opening reception for Artist Susan Ahearn: The South Shore Art Center presents an art exhibit by Susan Ahearn at the Paul Pratt Memorial Library Jan. 1 through Feb. 29, 2016. Meet the artist at an opening reception from 6 to 8 p.m. Jan. 8. The show features everyday objects set in still life arrangements, along with a few landscapes done in oil. All are welcome. Gallery hours are 10 a.m. to 8 p.m. Mondays through Thursdays, 10 a.m. to 5 p.m. Fridays and Saturdays and 2-5 p.m. Sundays.

Great Decisions Discussion Group: Registration is now open for the spring session of Great Decisions discussion group at the library. Great Decisions is designed to encourage debate and discussion of the important global issues of our time. Participants are asked to attend eight consecutive weekly meetings beginning with a meeting from 1:30 to 3 p.m. March 2. Registered participants will receive a study book courtesy of the Friends of the Cohasset Library. To sign up, call reference librarian Gayle Walsh or cohassetlibrary.org.

Leigh and Friends: 10:30 a.m. Jan. 12 and 26

Special Events

Mamasteph: 11 a.m. Jan. 23

Jewelry Makerspace: 2-3:30 p.m. Jan. 27, for ages 10 and older.

Eyes on Owls, live owl show: 2 p.m. Jan. 30, for ages 4 and older.

1000 Books Before Kindergarten: Accept the challenge. Registration forms and reading logs available in the Children's Room. For more information: 1000books-beforekindergarten.org/1000-books-before-kindergarten-program.

LIFE AT CHS

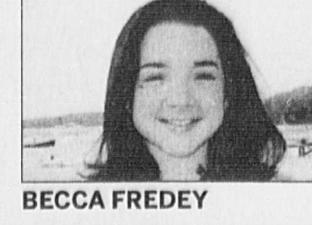
Returning to a normal schedule

After a long and relaxing winter vacation, the life has finally returned to the hallways of CHS. The snow was the most pleasant of the gifts the New Year brought – no one mentions scraping ice off windshields and freezing your hands trying to grip the steering wheel of your car when they sing about that "Winter Wonderland" everyone seems to love so much.

Students are tired-eyed but were ready to return to a normal school schedule this Monday, braving the tidal wave of reminders of assignments, upcoming tests, and, of course, the end of the term and the distribution of report cards. Though these issues did weigh on the shoulders of students this week, CHS's seniors are light-hearted and happy to have completed their applications by the January 1st deadline. Now comes the easiest and hardest part; waiting for responses.

No time was wasted in the Arts department in the New Year! High school English teacher Ms. Foley and middle school social studies teacher Ms. Ryan held auditions for the one-act comedy that Cohasset Theater Company will be competing with in the Massachusetts Theater Guild Festival, coming up in February. Though the directors, along with input from their students, are still deciding on which show they'd like to present, the auditions still went on.

Our talented groups of students picked out selective scenes from a myriad of play options, ranging from the Brothers Grimm re-tellings



BECCA FREDEY

to the strangely prevalent prospect of an oncoming zombie apocalypse. As the Company finishes up callbacks this week, the senior students are feeling rather bittersweet – their last show together signifies both a goodbye to high school as well as a new beginning, as many of the senior participants plan to study theater on a collegiate level.

In tandem with the chilly weather, the boys and girls hockey teams are off and running with their individual seasons. The girls' joint Cohasset-Hanover team is currently undefeated, with a record bragging four wins and one tie. The girls have reported great teamwork between the two towns, led by the senior captain Shea Kearney of Cohasset and junior captain Callie Hoadley of Hanover. The boys' team is off to a rockier start; however, we're expecting nothing but good things in the upcoming season.

The swim team has made quite the impression, with plenty of underclassmen participants eager to compete. The boys' half of the team currently holds an undefeated record. Senior team manager Grace Lucier says the team is "working really hard" this season.

Though there have been some comical complaints about the chlorine levels in

No time was wasted in the Arts department in the New Year! High school English teacher Ms. Foley and middle school social studies teacher Ms. Ryan held auditions for the one-act comedy...

the team's practice pool at Scituate Racket Club, all team members seem to be enjoying the season so far. The athletes are excited and ready for their meet against one of their hardest competitors, Norwell, tomorrow at one o'clock at the Lincoln Hancock Pool in Quincy.

Good luck to all of our Skipper athletes in this winter season!

Now that all the college applications are in, the senior class lets the first symptoms of senioritis trickle into their lives – no one has missed first period to get breakfast at Atlantic Bagel (yet), however all the members of the senior class are visibly lighter – a huge stress has been lifted off our shoulders. One thing we are all hoping for, however, is for a few good, old-fashioned snow-days; they're infinitely easier to enjoy when you don't have to make them up at the end of the year.

— Becca Fredey is a senior at CHS and weekly columnist for the Mariner. She found the prospect of snow fantastic – that is, until it was very suddenly 11 degrees out and she forgot her gloves at home.

HEART SPOKEN

Grandma's version of stone soup

I'm thinking it would be a fun project, making stone soup with my 2½-year-old granddaughter Sabine. "What's stone soup?" she asks. "Well," I answer, "We'll need a big pot, some water, and a smooth round stone, but first let's look at the book Stone Soup."

She settles onto my lap, and I begin reading the folktale to her. There are many versions of the story, but in this one, by Ann McGovern, a tired hungry young man arrives at the home of a little old lady. When he asks for something to eat, she tells him she has no food (although she really does) and starts to turn him away.

The boy may be tired, but he is clever, and instead of food, he asks for a stone that he will use to make soup.

They banter back and forth, but ultimately he gets her to add onions, carrots, beef bones, salt, pepper, butter, and barley, in addition to the stone. In the end they happily share a meal fit for a king, and the boy continues down the road, stone in hand, saying, "Soup from a stone. Fancy that."

"I liked that story," says Sabine, her blue eyes



DIANE SNYDER

sparking. "Me, too," I reply, both of us excited for the next step, making the soup. In my years as an early childhood educator, I would have each child in my class participate in the cutting of the vegetables, but since Sabine is still a toddler, I opt for Grandma to do the cutting.

We begin, of course, by carefully placing the stone into the pot of water. I have Sabine name the vegetables, discussing colors and smells as we go along. Our version includes organic carrots, onion, zucchini, a red pepper, spinach, a chicken bone, and seasonings. What could be more fun for me than a class consisting of one very special little girl. Sabine rewards me with her winning smile and a big hug.

We're not finished, though. If we will be eating soup fit for a king, or queen, or princess, we have to make crowns. Sabine picks out the

construction paper to make crowns for each member of our dining party-Mommy, Daddy, Auntie, Grandma, and Sabine. We move on to play with some toys while the soup continues to simmer.

An hour later Sabine asks the question, "Is it ready yet, Grandma?" We head into the kitchen, our two faces peering into the pot, and with both of us sniffing the scent of simmering vegetables, I announce, "It's ready!"

The other three members of our family are invited to join us, and donning our crowns, we take our seats around the table.

"Looks delicious," says my daughter-in-law. "Yummy," says Daddy. We all compliment Sabine on her culinary accomplishments as we share in the royal repast. A little grown-up conversation even manages to happen.

"Do you remember the book from when you were little?" asks Grandma, and then, getting into my teaching mode, I provide a brief review of the folktale.

"It's been around for a few hundred years, first in oral versions, then written versions, and eventually

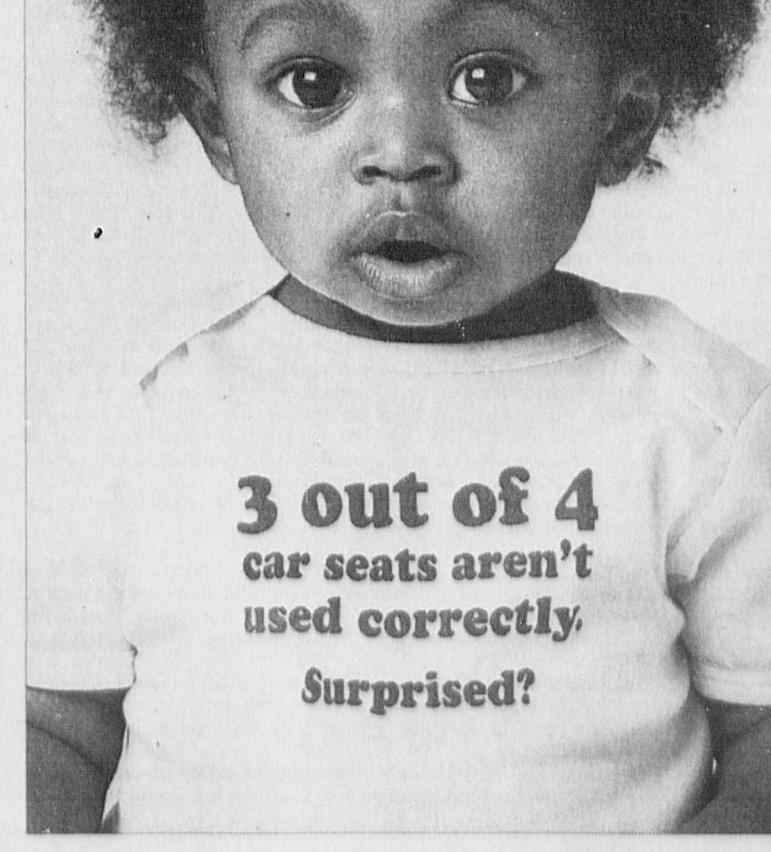
versions for children. I think young children enjoy the repetition of the list of ingredients and the magical quality of the story. Older kids get the humor in the way the boy tricks the old lady and solves his problem of hunger. And originally, a peasant audience appreciated having the underdog come out on top."

Sabine, though, isn't quite as enthralled with the product of our labors. Her soup is pretty much untouched, so the old standby, a peanut butter and jelly, is quickly whipped up and consumed.

"That's okay," I tell her. "We had fun making the soup." My teaching philosophy of it's the process, not the product remains intact, and I think about the special time shared between Grandma and granddaughter.

I hope it's an experience she'll remember in years to come, one that she'll think of fondly as Grandma's version of Stone Soup because, in this case, the main ingredient is love.

— Diane Snyder is a Hingham resident and regular columnist for the Hingham Journal.



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U.S. Department of Transportation

LOCAL GEM

Harris honors 100 years of Pulitzers

To speak at Hingham Public Library on Jan. 14

By Gail Besse Ryberg
Correspondent

The Boston Globe's Spotlight Team expected to face angry demonstrators the day after its first explosive article about former priest John J. Geoghan declared "Church allowed abuse by priest for years."

Instead, one recalled "an eerie quiet - no protestors, nothing." Then phone lines clogged with calls from Catholics — angry not at the paper but at the Church they loved. Some reported other cases of abuse.

Accounts like this in Roy J. Harris Jr.'s new book "Pulitzer's Gold: A Century of Public Service Journalism," help readers peer behind the scenes into newsrooms across America to meet reporters and editors whose work literally changed lives.

Each chapter is a separate page-turner detailing the work that resulted in winning this acclaimed prize. The Pulitzer Public Service Gold Medal is awarded to news organizations that produce a meaningful public service: that is, their work shows collaborative reporting that moves readers, provokes measurable change, and advances the profession of journalism.

Some pieces, like the Washington Post's Watergate investigation, create a legacy, Harris said.

His book tells the story behind medal-winning series like the Globe's 2002 account of the Archdiocese of Boston's cover-up of sexual

abuse by Catholic priests, and the 2014 exposé of the National Security Agency's secret domestic spying on Americans, uncovered by the Guardian-U.S. and the Washington Post.

The Hingham author explained his book's genesis at a recent interview in the Hingham Public Library, where he has been invited to speak January 14 at 7 p.m. on "Converging Centennials: America's Pulitzer Prizes and the World's Great War."

"It's great that my hometown library will be the start of my national book tour," he said.

Harris, 69, lives in the World's End neighborhood with his wife, Eileen Carol McIntyre. He grew up in St. Louis, where his father was a reporter for the St. Louis Post-Dispatch for 40 years. The paper won five Public Service Gold Medals between 1937 and 1952, including one in 1950 in which his father, Roy J. Harris Sr., was named as a lead reporter in exposing the presence of 37 Illinois newspapermen on an Illinois state payroll.

Roy Jr. was then 4 years old, and the paper was still owned by the Pulitzer family.

"Later, when I began work at the Post-Dispatch as a copyboy, I could sometimes bring coffee to Joseph Pulitzer III," he recalled with a smile. Harris went on to write for that paper, then pursued a 40-year career with the Wall Street Journal in Los Angeles and the Boston bureau of The Economist news magazine.

In 2002 his late father would have turned 100. "I realized that most of the

people then at the St. Louis Post-Dispatch probably didn't know much about the medals the paper had won decades before.

"So I proposed to the editors that I do a history of those winning pieces," he said. "It seemed a good way to look at and learn about journalism, from the very best pieces."

His Post-Dispatch research became a talk, then it became a springboard. Harris found that no one had ever written about the Public Service medals' hundred-year-history. "I had a leg up on doing most of the last century's winners, as I'd already done five," he said.

For the book's new centennial edition, Harris revised its initial 2008 version and added chapters about recent year's winners.

Several aspects of the revised edition excite him: especially the accolade given it by Bob Woodward of The Washington Post: "Roy Harris is the master historian of the Pulitzer Prize. He has written the real inside story of the most serious journalism of the last century, and as a result provided a brilliant portrait of America. Know your journalism, and you will know your country and its values."

Harris said, "It knocked me over."

In a nutshell, Woodward captured the book's universal appeal: to journalists, on how to research and write the very best; to historians, on how America's history unfolded in a changing century; and to sociologists,

politicians, economists, environmentalists and the rest of us, the news-junkie public, on what makes news newsworthy.

Harris also loves that recent award winners include papers with young lead reporters, two under 30, playing a major part.

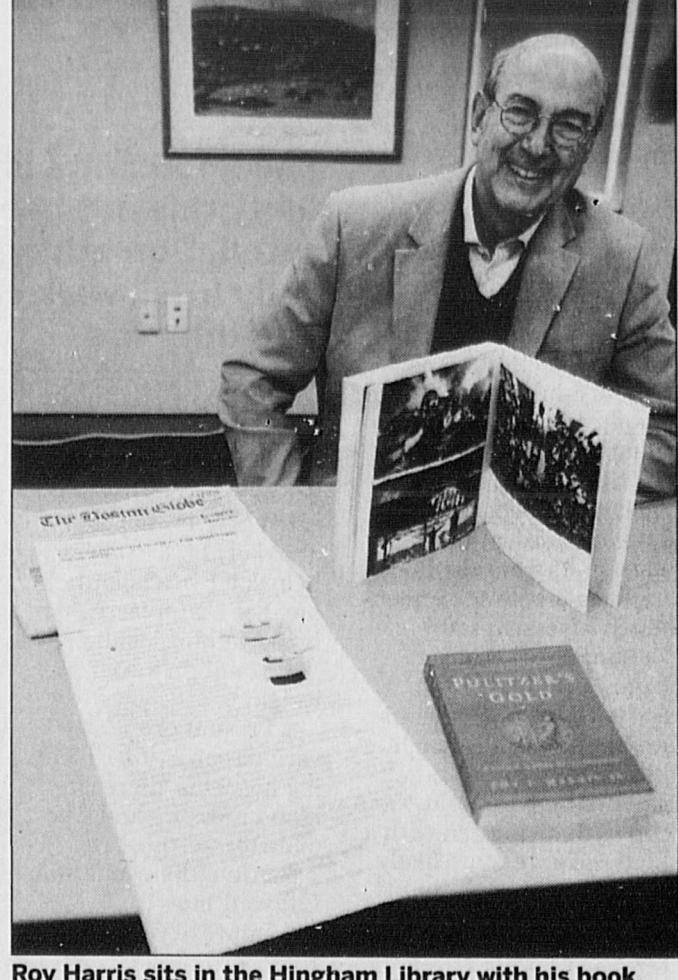
"You need a tenacious group effort for this award," he said. "Editors with wisdom, an owner willing to spend the effort, but also young reporters with new ideas on how to pitch stories to a wider audience."

He's gratified that the new edition is published by Columbia University Press. Columbia University now manages the Pulitzer and holds its archives.

Of all the Pulitzer's 21 categories, including 7 in arts and letters and 14 in journalism, the public service one provides neither money nor personal distinction. It's the only one with a gold medal — the others award monetary prizes.

This category can cross boundaries and delve into investigative or breaking news, and issues from business, war and disaster reporting, the environment and more. Some medals, such as one to the New York Times for its 9-11 coverage, have rewarded a paper for marshalling all its resources to help disaster victims. Gold for similar public service went in 2006 after Hurricane Katrina to the Sun Herald of Biloxi-Gulfport, Miss., and to the Times-Picayune of New Orleans.

The prizes were established and endowed by Columbia University Graduate School of Journalism founder Joseph Pulitzer (1847-1911.) He proposed these joint newspaper and literary awards in 1902, hoping a connection between literary achievement in arts and letters



Roy Harris sits in the Hingham Library with his book, "Pulitzer's Gold" and a few examples of Pulitzer-prize winning work like the photos taken from the Ferguson protest and a Boston Globe editorial from 2014. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

and excellence in reporting would elevate journalism. It did.

Harris believes that the Pulitzer, which had been carefully limited only to print newspapers since the first were awarded for 1916 reports, will evolve to include sites that are online only (one already has) and acknowledge newer communicators of importance, in-depth news.

He credits Hingham Library, especially research librarian Anne Dalton, with helping his research. "I couldn't believe the National Archives in D.C. would send information to my local library," he said. "You feel like you're in at the ground floor of history."

Local libraries provide far more resources than people imagine."

Dalton said: "I always enjoyed Roy's information requests; they were always interesting. It's fun to get requests for unique materials, and have them arrive here from anywhere in the U.S."

The germ of a life-changing story could be anywhere, Harris concluded. "So often the story is not really new. It just needs fresh eyes to write it in a way that would be meaningful and help the community."

For more information:
Contact rjharrisjr@aol.com or visit <http://www.pulitzersgold.com>

TOWN MEETING

Warrant will officially open next Tuesday, Jan. 12

By Amanda C. Thompson
athompson@wickedlocal.com

The Warrant for Annual Town Meeting will officially open on Tuesday, Jan. 12th.

"With the New Year comes formal prep work for the 2016 Annual Town Meeting," said Town Manager Chris Senior. "Town staff and members of the boards and committees which review articles for consideration will be hard at work for the next four months preparing for the May 2nd meeting."

Notice of Intent forms have been available since December for proposed Warrant articles from departments, committees and boards. These must be submitted by Jan. 19th. Senior said that so far, there's nothing too out-of-the-ordinary on the radar, but it's still early in the game.

He does anticipate discussion of the local option meals tax and local option rooms tax for hotels and motels. Additionally, the Town Manager and Board of Selectmen hope to complete work on

a "boards and committees handbook" by the time of the meeting.

On Jan. 26th, Town Council will hold an open session for citizens' petitions, and a preliminary draft Warrant will be made available to the selectmen. Last year, there were no citizens' petitions. Petitions need to state what is specifically being sought, and where funding is required, the source of said funds.

According to the Town bylaws, "The Selectmen

shall insert any article in the warrant for an Annual Town Meeting upon written request by 10 or more registered voters of the Town or upon written request by the Town Manager regarding the organization of the Town into operating agencies. Such requests... must be received by the Selectmen 75 days before the specified time for the Annual Town Meeting."

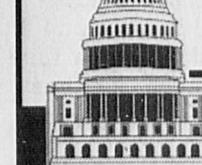
The Warrant officially closes on March 8th. Town Meeting will take place on Monday, May 2nd and elections will take place on Saturday, May 14th.

It's too soon to say which incumbents may run for reelection, but as Steve Gaumer, chairman of the Board of Selectmen, said: "The more people and refreshment you can get into town government, the better it is for the town."

Nomination papers for elected positions will be available starting in February. There will be seats open on the Board of Selectmen, the School Committee, the Trustees of the Paul Pratt Memorial Library, the Board of Assessors, the Board of Health, the Housing Authority, the Planning Board, the Recreation Commission, the Sewer Commission, and the Water Commission.

Nomination papers must be submitted by March 28th, both for new appointments and for reappointments.

—Follow Amanda on Twitter for updates: @MarinerAmandaT



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate



Volume 40 -
Report No. 52
December 28, 2015 -
January 1, 2016

Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C

Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE. There were no roll calls in the House or Senate last week. Beacon Hill Roll Call has obtained the 2015 official list from the state treasurer's office of the "per diem" travel, meals and lodging reimbursements collected by the Legislature's 40 state senators from January 1, 2015 through December 30, 2015. The list reveals that senators collected a total of \$63,590.

Under state law, per diems are paid by the state to senators "for each day for travel from his place of residence to the Statehouse and return therefrom, while in the performance of his official duties, upon certification to the state treasurer that he was present at the Statehouse." These reimbursements are given to senators above and beyond their regular salaries.

The amount of the per diem varies and is based on the city or town in which a senator resides and its distance from the Statehouse. The Legislature in 2000 approved a law doubling these per diems to the current amounts. The payments range from \$10 per day for senators who reside in the Greater Boston area to \$90 per day for some Western Massachusetts lawmakers and \$100 per day for those in Nantucket. Senators who are from areas that are a long distance from Boston's Statehouse most often collect the highest total of per diems.

Some supporters of the per diems say the system is fair and note the rising costs of travel, food and lodging. They argue many legislators spend a lot of money on travel to Boston and some spend the night in Boston following late sessions. Others say that some legislators accept the per diem but use all of the revenue they receive to support local nonprofit causes. They say that not taking the per diem would leave that money in the state's General Fund to be spent on who knows what.

Some opponents argue most private sector and state workers are not paid additional money for commuting. They say the very idea of paying any per diem is outrageous when thousands of workers have lost their jobs and homes and funding for important programs has been cut. Others say the per diem is especially inappropriate given the 3-cent-per-gallon hike in the state's gas tax that the Legislature approved in July 2013.

The 2015 statistics indicate that 18 of the state's 40 senators have received reimbursements ranging from \$850 to \$9,810, while 22 senators have chosen not to apply for any money.

The senator who received the most per diem money in 2015 is Benjamin Downing (D-Pittsfield), who received \$9,810.

The other four senators who received the most are Sens. Michael Rodriguez (D-Westport), \$6,480; Donald Humason (R-Westfield), \$5,280; Daniel Wolf (D-Harwich), \$4,900; and Stanley Rosenberg (D-Amherst), \$4,800.

SENATORS' 2015 PER DIEMS

The dollar figure next to the senator's name represents the total amount of per diem money the state paid him or her in 2015. The number in parentheses represents the number of days the senator certified he or she was at the Statehouse during that same period. Senators who have not requested any per diems have "0 days" listed. That is not meant to imply that these senators

didn't attend any sessions but rather that they chose not to request any per diems.

Sen. Michael Brady	\$1,080	(60 days)
Sen. Viriato deMacedo	\$3,708	(103 days)
Sen. Robert Hedlund	\$1,584	(88 days)
Sen. Brian Joyce	\$0	(0 days)
Sen. John Keenan	\$0	(0 days)
Sen. Mark Montigny	\$0	(0 days)
Sen. Marc Pacheco	\$3,924	(109 days)
Sen. Michael Rodrigues	\$6,480	(144 days)

ALSO UP ON BEACON HILL

AUTO AND HOME INSURANCE DISCOUNTS (H 3922) - The House and Senate approved and Gov. Charlie Baker signed into law legislation waiving for one year the current law that requires businesses and groups to have a 35 percent participation rate in order to qualify for group auto insurance discount rates. The measure permits groups with less than the 35 percent participation to take advantage of group rates, which save members between 5 percent and 8 percent. The law has been suspended annually for many years.

Supporters said if the bill is not approved, insurance discounts for 322,000 vehicles and 142,000 homes in the Bay State will disappear.

TEACHERS FORFEIT PENSIONS FOR CHILD PORNOGRAPHY AND SEX OFFENSE (H 20) - The House gave initial approval to a proposal that would prohibit teachers who are convicted of sex crimes involving children or child pornography from receiving their retirement pensions. Under the bill, the state's Pension Fund would return to the convicted person any payments, without interest, he or she paid into the system. The measure is being pushed by the Teachers' Retirement Board, the state agency that administers disability and survivor benefits to more than 90,000 active educators and 62,000 retirees and survivors.

Supporters said that teachers convicted of these crimes have no place in the education system.

BAN CELL PHONES UNLESS HANDS-FREE (S 2032) - The Senate on January 21 is scheduled to debate and vote on a bill that would prohibit all drivers from using a hand-held cell phone but allow them to use a hands-free one. The measure was approved by the Transportation Committee on October 15.

Supporters say the bill would save lives and prevent accidents. They note that the measure does not ban cell phone use but simply requires the use of hands-free ones. They point to accidents, deaths and injuries involving hand-held cell phones.

Opponents say the restriction is another example of government intrusion into people's cars and lives. Others note that there are already laws on the

books prohibiting driving while distracted. The House has given initial approval to a similar version of the bill.

RECYCLE PAINT (S 408) - Also on the Senate's January 21 agenda is a bill that would create the Massachusetts Paint Stewardship Program, run by paint manufacturers to coordinate the collection, recycling, reuse and environmentally sound disposal of used leftover house paint purchased by consumers. The program would be funded by adding a fee to paint sold in the Bay State. The bill mandates that under the plan, at least 90 percent of residents have a collection site within a 15-mile radius and that at least one collection site is established in each city and town with a population of 50,000 or more.

Supporters say this environmentally friendly and fiscally responsible program will increase the recycling of paint, save millions of dollars in paint disposal costs for cities and towns and create many green jobs.

Some opponents say the fee is nothing more than an unnecessary tax on consumers already overburdened with taxes. Others say this would create a slippery slope that could lead to this type of recovery system and tax on other items, including spray cans, pillows, mattresses and tires, the government would decide needed to be handled the same way.

PAY EQUITY FOR WOMEN (S 883) - On the Senate's January 28 agenda is a bill providing pay equity for women. The measure clarifies language in the existing law to effectively implement equal pay for comparable work. Other provisions permit employees to discuss their salaries with other employees, require employers who advertise job openings to include the minimum salary and require employers to pay wages less than what they advertised.

Supporters say it is unfair that currently women who work full time earn approximately 80.8 percent of what men who work full time earn. They note that 40 percent of households with children under 18 included mothers who were either the sole or primary earner for the family.

HOW LONG WAS LAST WEEK'S SESSION? Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session.

During the week of December 28-January 1, the

SAVE THE DATE

CPC to hear funding requests

The Community Preservation Committee will be hearing funding requests for the 2016 Annual Town Meeting. The meeting will take place Jan. 25 2016, at 7 p.m. in Town Hall.

This will be the first of a series of meetings to discuss, and approve requests for projects that may qualify for funding under the Community Preservation Act (CPA).

The Community Preservation Act (CPA) is a smart growth tool that helps communities preserve open space and historic sites, create

affordable housing, and develop outdoor recreational facilities.

CPA funding applications are available on the Town website at www.cohassetma.org. Click the Boards and Committees tab to access the CPC link.

If you think your project might benefit from CPA funds please contact Russell Bonetti at 781-383-9778, or by email at rbonetti@cohassetma.org to be put on the agenda for the meeting on the 25th. The deadline for inclusion on the 25th is Monday, Jan. 18th.

DON'T MISS THIS

Straits Pond walk is set for Jan. 10

On Sunday, Jan. 10, the public is invited to join a walk to see the Lofchie Path through the woods on Straits Pond led by the Hull

Land Conservation Trust. Meet at 1 p.m. at 35 Richards Road, which is at the end of Richards Road, in Hull.

DESIGNATION

Cohasset qualifies for 'green' grants

The Baker-Polito Administration recently announced that Cohasset and 18 other cities and towns have been designated Green Communities by the Department of Energy Resources and will receive over \$3.1 million for local clean energy and energy efficiency projects.

"The Green Communities program demonstrates state and local governments can work together to save energy and taxpayers' money, while making the Commonwealth a healthier place to live," said Gov. Charlie Baker. "These 19 communities will be able to invest in energy efficiency and renewable energy, reducing energy costs and reducing their carbon footprints."

The 155 Green Communities are cities and towns

of all sizes that range from the Berkshires to Cape Cod and are home to 54 percent of the state's population. All Green Communities commit to reducing municipal energy consumption by 20 percent over five years.

The new Green Communities will now apply to the Department of Energy Resources' Green Communities Division for approval to use the funds for projects. Funding for these grants is available through proceeds from carbon allowance auctions under the Regional Greenhouse Gas Initiative and Alternative Compliance Payments paid by retail electric suppliers that do not meet their Renewable Portfolio Standard compliance obligations through the purchase of Renewable Energy Certificates.

Winter Walk

Alyson Gaumer of Cohasset goes on her daily walk with her dogs Tuukka and Kitt through Whitney and Thayer Woods on Tuesday, Jan. 5. WICKED LOCAL STAFF PHOTO/ ROBIN CHAN

BUSINESS NOTE

South Shore Auto Wash and Detailing

South Shore Auto Wash and Detailing, located at 828 Chief Justice Cushing Highway (Route 3A) and managed by Jim Simpson, is ready to serve you.

The business offers an automatic drive-thru as well as personal hand washes and services starting from an express wash to a lava shield.

Express detailing is available

on a walk-in basis or, for a more extensive cleaning, by appointment. Pickup and delivery services are also available. Also, available are gift certificates and a variety of different wash packages that meet your needs. Inquire about their Unlimited Program! For information: (781)923-1521 or visit: southshoreautowash.com.



South Shore Auto Wash, Route 3A, Cohasset, COURTESY PHOTOS



Check out the South Shore Auto Wash website at: www.southshoreautowash.com.

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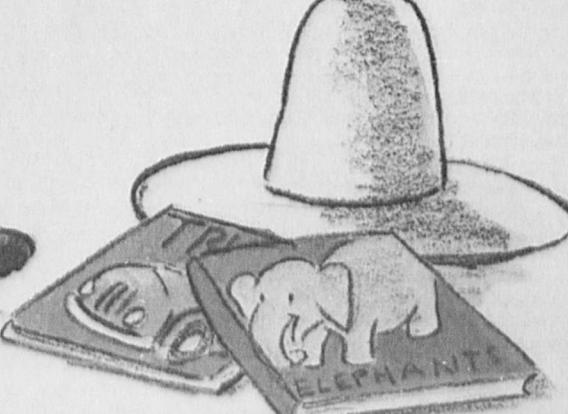
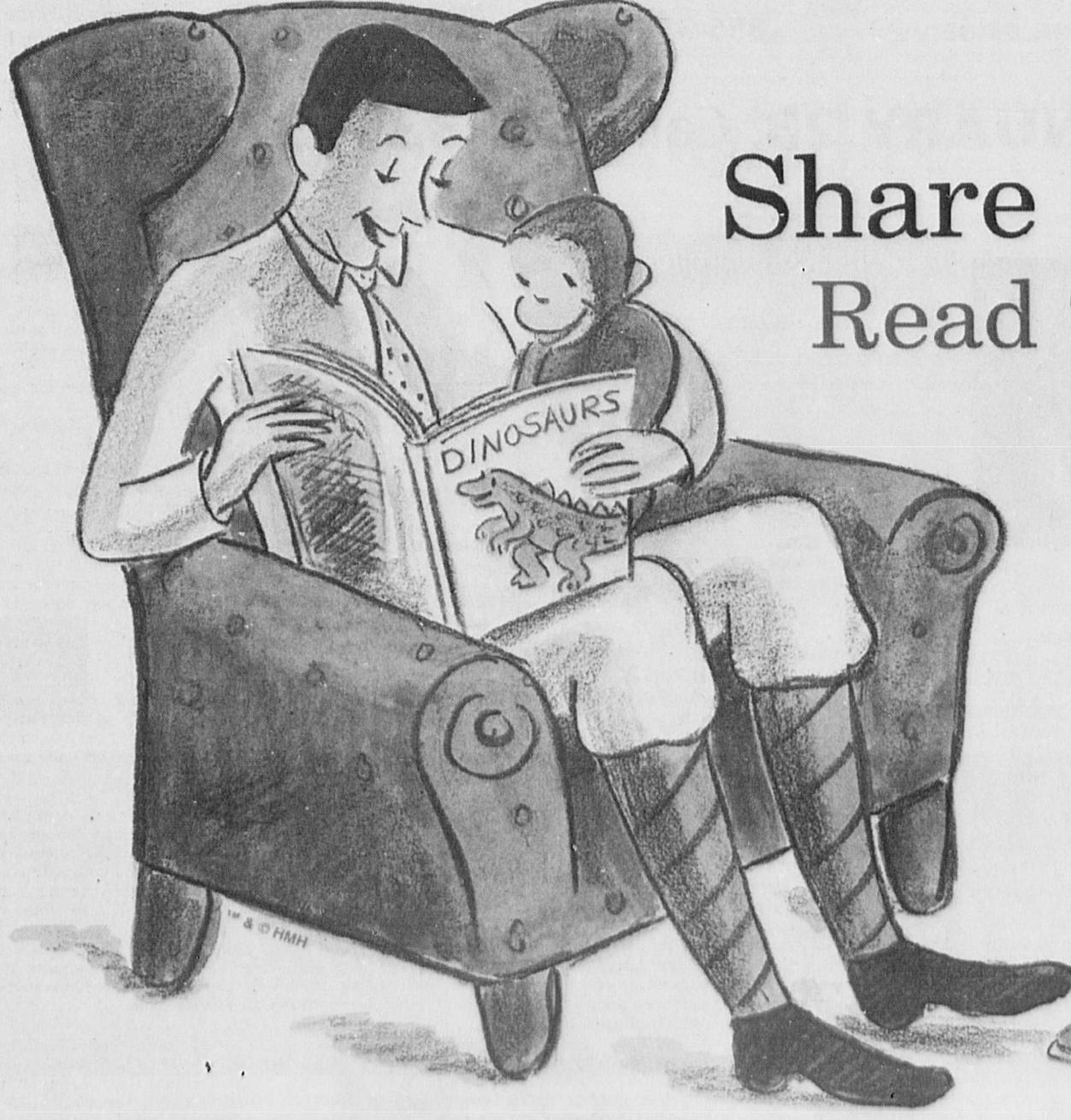
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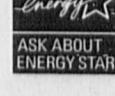
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**Renewal by Andersen received the highest numerical score among window and door manufacturers in the proprietary J.D. Power 2015 Windows and Patio Doors Satisfaction StudySM. Study based on responses from 2,442 consumers measuring 14 brands and measures opinions of consumers who purchased new windows or patio doors in the previous 12 months. Proprietary study results are based on experiences and perceptions of consumers surveyed in January–February, 2015. Your experiences may vary. Visit [jdpower.com](#)

SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

CORRECTION

Misidentified

In a photo on Page B1 of the Jan. 1 edition of The Cohasset Mariner, lacrosse player Will Thomas was identified as Will Powers. Thomas was a freshman on the lacrosse team when the photo was taken.

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

WRESTLING

Cohasset Tournament

The Cohasset wrestling team will be hosting the 25th annual Cohasset Wrestling Tournament, Saturday, Jan. 9 with a 10 a.m. start. The tournament has been consistently running as it heads into the 25th year. Head coach Torin Sweeney has been a huge contributor to the event every year, working to make everything run smoothly.

The event is a big fundraiser for the Cohasset Wrestling Boosters and will have a full snack bar for the all-day event.

Come out and support the team as they take another big step preparing for the post-season with the similar type tournament.

BASEBALL

Seadogs tryouts

Tryouts for the Seadogs 16U and 18U AAU baseball teams will be held on consecutive Saturdays, January 9 and 16 at 12:30 pm at the South Shore Sports Center in Hingham.

For the last fourteen straight years at least one former Seadog player has been selected in the MLB Amateur Draft. In each of the last two years, the Seadogs 18U team has won the New England AAU championship.

For additional information on the Seadogs, SSBC, summer of '16 teams and the January tryouts please call 781-749-6466 or visit the web site at www.ssbc.com.

GIRLS YOUTH SOCCER

Hot Shots Soccer kicks off Jan. 24

Hot Shots Soccer, an innovative and fun program for girls is ready to kick off the 2016 season, Jan. 24.

The program for girls uses puppets, parachutes, pillow fights and other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem in preschool through fifth-grade girls (ages 2-10). Hot Shots also encourages reading, offering the girls a

SEE NOTES, B3

BOYS HOCKEY

Much needed victory

Icemen beat East Bridgewater to end short winless streak

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys hockey team had struggled a bit in its past few games, with tough losses to Hanover, Bishop Feehan and Triton.

The losses to three very good non-league teams were the type of games that will help later in the season and the MIAA Tournament,

but the Skippers needed a win with the team headed back to league play.

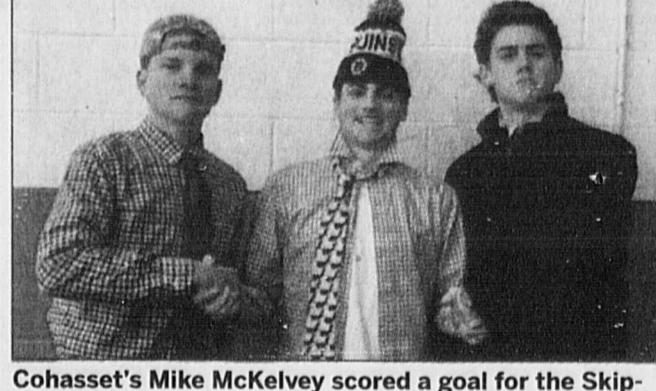
They got it.

In a return to South Shore League action, the Skippers earned a much-needed victory with a 4-2 win over East Bridgewater, Wednesday, Jan. 6 at Bridgewater Arena.

Cohasset now stands at 3-0 in league standings and 4-3 overall.

Linemates, freshman Connor Joslin and junior

SEE HOCKEY, B2



Cohasset's Mike McKelvey scored a goal for the Skippers in the team's 4-2 win over East Bridgewater, Wed. Jan. 6. He was awarded the team's Ducky Award by managers Mathias Loft, left and Will Lucier. COURTESY PHOTO / @SKIPSHOCKEYTWTTER

BOYS BASKETBALL

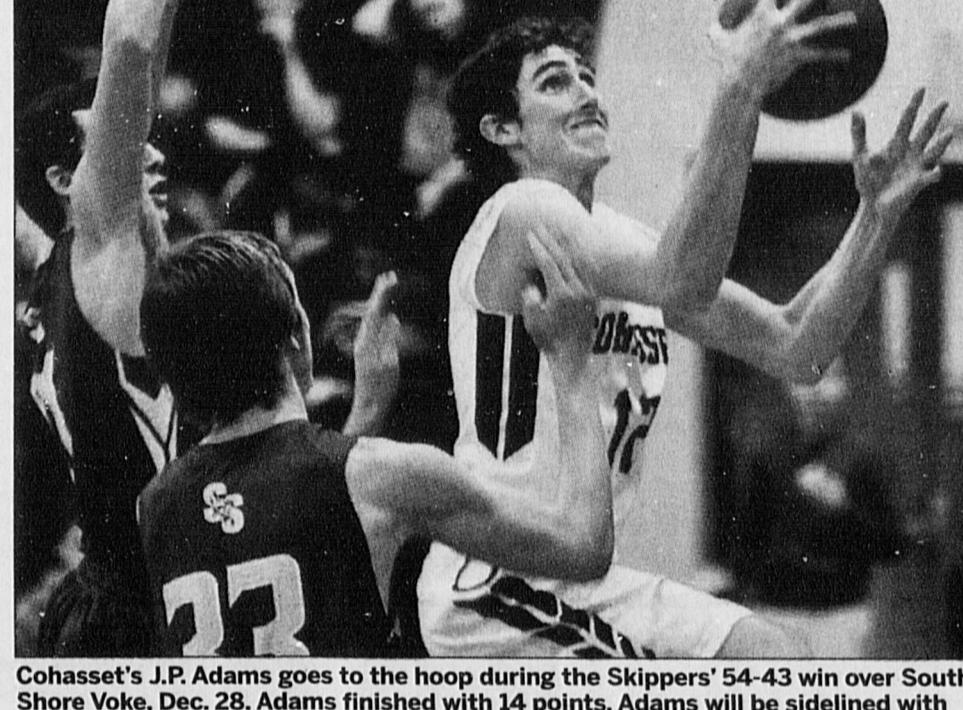
Next man up

Injuries force young bench to forefront as schedule toughens

By William Wassersug
wwassersug@wickedlocal.com

In a way, the Cohasset boys basketball team has a resemblance to the Patriots. Unfortunately at this point in the season, the resemblance is the injury situation.

SEE BOYS BB, B2



Cohasset's J.P. Adams goes to the hoop during the Skippers' 54-43 win over South Shore Voke, Dec. 28. Adams finished with 14 points. Adams will be sidelined with an injury for the next several games. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

GIRLS BASKETBALL

Getting better every day

Younger players making constant improvements

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset girls basketball team is young on the whole, with a combination of nine freshmen and sophomores, but with a trio of outstanding senior leaders, the Skippers goal is to keep getting better every practice and every game.

So far so good.

"We're doing well," Cohasset coach John LeVangie said. "We're 5-3 and improving every week. Every game we're getting better and better."

Senior captains Meg Rosano and Emily Rosano, along with Tracy Fogarty.

Meg Rosano had another big night Dec. 5 in a 57-26 win over Monomoy, scoring 17 points. Emily Rosano was the team's scoring leader in the game with 19.

"They're doing a great job," LeVangie said of the Rosano twins. "Tracy Fogarty is doing a great job too."

SEE GIRLS BB, B2

GIRLS HOCKEY

Rolling along with Ladies still unbeaten

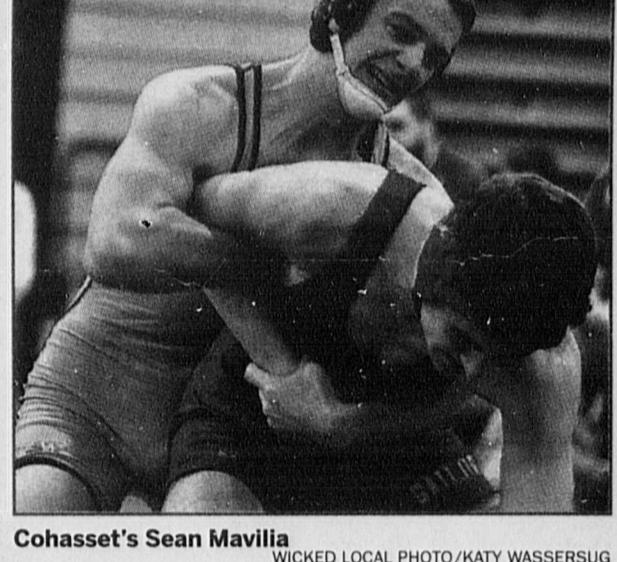
By William Wassersug
wwassersug@wickedlocal.com

The Cohasset/Hanover girls hockey team is still in the unbeaten column, checking in with a 5-0-1 record after posting a 5-3 win over King Phillip Dec. 30, followed by a 2-2 tie against a very tough Quincy/North Quincy squad Saturday, Jan. 2 and a 9-0 win over Stoughton at Asiaf Arena in Brockton,

SEE GIRLS H, B2

ATHLETE OF THE MONTH

★★ Sean Mavilia ★★



Cohasset's Sean Mavilia

WICKED LOCAL PHOTO / KATY WASSERSUG

Sean had some big performances in big spots, winning the 152 Division at the Scituate Invitational Tournament.

He also finished fifth at 152 in the 37-team Marshfield Tournament.

Along the way, he had three wins in a quad against Oliver Ames, Somerset and Silver Lake, and a pin over North Quincy.

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WRESTLING

Wrestling Tourney Saturday

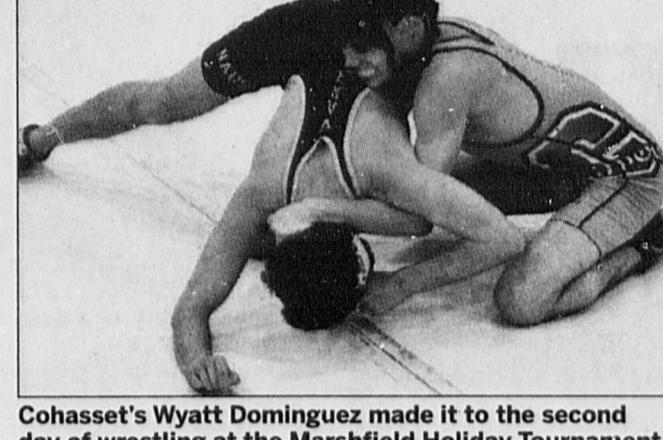
Wrestling starts at 10 a.m. Jan. 9

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset wrestling team has continued to wrestle well as the team prepares for the 25th annual Cohasset Wrestling Tournament Saturday Jan. 9 at Cohasset High School.

The Tournament begins at

WRESTLING



Cohasset's Wyatt Dominguez made it to the second day of wrestling at the Marshfield Holiday Tournament.

COURTESY PHOTO / SUE MAVILIA

tournament.

Mavilia finished fifth in his weight class.

"He had a great tourney,"

SEE WRESTLING, B3



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Jillian Smith, DDS

HOCKEY

From Page B1

Michael McKelvey opened the scoring for the Skippers with freshman Matthew Lund assisting on both goals.

Junior Jimmy Farren added the third goal and junior Michael Cohen finished the scoring for Cohasset.

Senior Liam McHugh earned the victory in goal.

"We were a little disorganized at times, but it was an important league win," Cohasset coach Phil Mahoney said. "When we play our position and move the puck, good things happen. That will be the focus as we prepare for a critical stretch in the league."

The Skippers will be

back in action Wednesday Jan. 13 at Rockland at Rockland Ice Rink.

They follow with a home game against Norwell Saturday Jan. 16 at 8 p.m. at Connell Rink and face Scituate at 1:10 p.m. Jan. 18 at The Bog in Kingston.

To keep up with Cohasset hockey follow @ SkipsHockey and @ Cohassethockey on Twitter



The Cohasset High School Alumni Game was a big success, bringing back a number of players to compete with old friends and have a good time. COURTESY PHOTO

GIRLS BB

From Page B1

Along with the seniors, a number of younger players are getting better.

"Kate Fitzpatrick, Lauren Cunningham and Zoe Doherty come off the bench," LeVangie said. "They are playing very, very well."

During the vacation, the Skippers found themselves on the wrong side of one-sided scores, but the numbers weren't the story.

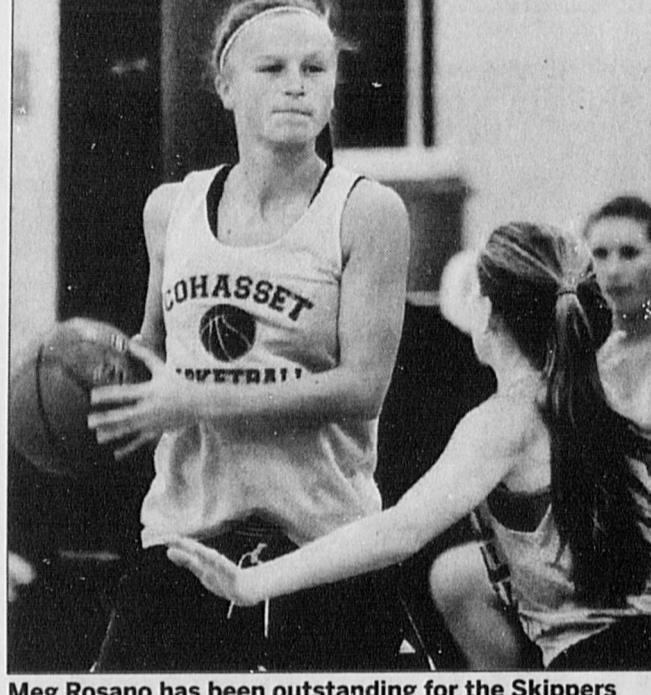
"We played some big schools," LeVangie explained. "New Mission and Fenway were both state champions. We learned from that experience. It will help later."

The Skippers are set to host Rockland Friday, Jan. 8 at 6:30 p.m.

LeVangie said that will be a challenging game.

"Rockland may be the best team in the league," he said. "They're tough. We're looking forward to playing them."

On the whole, LeVangie



Meg Rosano has been outstanding for the Skippers this season. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

said the defense has been the team's strongest point.

"The defense has been a strength," he said. "We still have to pick up our offense. We play a running game, so it is important to transition to create offense out of it."

After the Rockland game, Cohasset heads to Norton for a 6:30 p.m. tipoff Jan. 11. A night later is a league game at Mashpee, Jan. 12 at 6:30 p.m.

East Bridgewater follows with a visit Jan. 15 at 6:30 p.m.

BOYS BB

From Page B1

Like the Patriots, who head into the postseason with a number of injured starters, Cohasset is heading into one of the toughest parts of its schedule with key starters out with injuries.

It could be much worse however.

After five games, the Skippers have a 4-1 record and after a tough loss to Carver have played pretty solid basketball.

"We're 4-1, 1-1 in the league," Cohasset coach Bo Ruggiero said. "I'm obviously pleased with our record. We had some difficulties with early season chemistry, but we balanced that ship. Now we have some illnesses and injuries that don't bode well."

To start, senior J.P. Adams suffered an injury.

"J.P. Adams is in a boot and is not available for a few weeks," Ruggiero said. "That puts a dent in our offensive and defensive potential. He was our second leading scorer and rebounder."

Senior Christian Hanke is also out at the moment.

Ruggiero hopes a group of less experienced players can learn on the job and pick up some of the production.

"We have to play the bigger schools and top notch division schools now," Ruggiero said. "There are a couple of kids who have done well against opponents that are lesser than the teams coming up. If J.P. and Christian were available, some of the kids playing now would be playing JV. They'll do their best and we'll do our best to hang in."

Ruggiero said while players are injured, the key to success is to maximize every touch of the ball.

"The kids are learning to work at their maximum," Ruggiero said. "They're learning to play each ball possession at varsity level."

One player who has stepped up for the Skippers in the early going is freshman Thatcher Stone.

"Thatcher Stone had 11 points last night (a 67-48 win over Monomoy, Tuesday Jan. 5)," Ruggiero said. "He also came off the bench



Chase Bomeisler takes a shot against SSVT. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

and had two threes against South Shore Voke (a 54-43 win) that helped us win the game."

Stone finished the SSVT win with 9 points, all on big-time three-pointers in the second half that helped Cohasset pull away in what had been a close game.

Thatcher has done a good job," Ruggiero said.

"Last year he was playing Cohasset Youth Basketball eighth-grade. Now he's playing Cohasset varsity."

Sophomore Tommy Carrabes is in a similar spot.

"Tommy Carrabes is learning the varsity game as well."

One highlight this season has been sophomore Chase Bomeisler.

"Chase Bomeisler has done a fabulous job," Ruggiero said.

"He is one of the hardest working big young kids I've coached. He's always there practicing at the highest level."

For a younger player, Bomeisler has a nice scoring touch.

In the SSVT win, he had 13 points. He had 20 in a 70-50 win over Southeastern Regional, 18 in the first half to give the Skippers a big enough lead to clear the bench and give everyone a chance to get some real-game play. Bomeisler had 13 against Monomoy.

While Bomeisler's performance is no surprise, another player who has

played to expectations and beyond has been Alex Norton.

"Alex Norton was a South Shore League All-Star and he's started from exactly where he left off," Ruggiero said.

"He had a huge 28-point performance against Monomoy and had 20 the game before (South-eastern). Now we need him to pick up his game on the offensive and defensive backboards. We need the extra work with J.P. being out."

Other players Ruggiero praised were Nick Rosen, a six-foot-two senior playing just his first season on the varsity, junior guard Liam O'Connell, sophomore guard Sam Lelio and sophomore Max Davis.

Ruggiero said the next few games will be challenges due to the inexperience.

"We have a group of kids with limited experience learning the varsity game on the fly," Ruggiero said. "They're learning to not only prepare their bodies and minds for games, but the practice it takes to succeed in games."

Cohasset was scheduled to play at Rockland Jan. 7, at home against Mashpee Jan. 12, at East Bridgewater Jan. 15 and at Division 2 Randolph Jan. 19. They also have a big game against Norwell in early February.

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GIRLS H

From Page B1

Jan. 6.

Cohasset/Hanover had the advantage in the game over a young Stoughton squad, and had a fun night that gave everyone a chance to play, and another player, goalie Shea Kearney a chance to skate.

"Stoughton is a beginning varsity program this season and has struggled a little bit in our league," coach Deb Beal said. "They have some talented skaters and their goalie did a tremendous job."

Beal said the game was played pretty evenly in the early part of the game.

"They played a strong two periods and then kind of faded out," Beal said. "They did not have much depth."

There were some firsts for Cohasset/Hanover.

"We had two players,

Alyssa Wilcox and Ally Leahy score their first varsity goals and freshman goalie Sarissa Fazio had her first shutout," Beal said.

"Goalie Shea Kearney skated out in concert with Callie Hoadley and she had two assists and numerous attempts on the net. Freshman Jacqui Manning tallied her second career goal and freshman Hannah Condon produced her first two varsity assists."

Beal enjoyed the night.

"Overall it was a great night in that everyone got to skate," she said. "We had four offensive lines and nine defenders rotating."

Cohasset/Hanover is off this weekend and head into a rematch with Quincy/North Quincy January 13 at Zapatas in Randolph.

"A little rest will serve us well heading into a quick January and February," Beal said of the time off.

In the win over King

Phillip, Sam Taylor scored twice, and Callie Hoadley, Karly Bowen and Cassidy Bodie also scored.

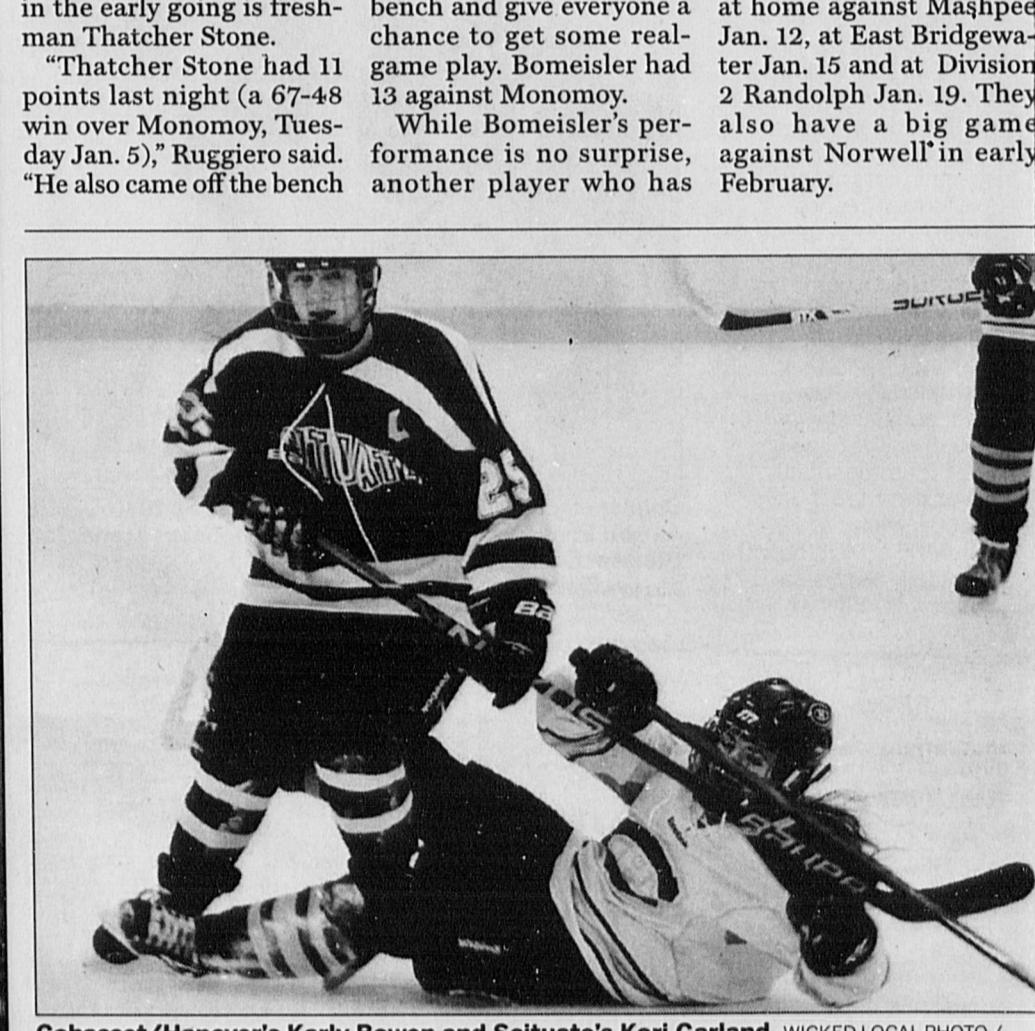
Shea Kearney had 33 saves in the victory.

Against Quincy/North Quincy, Cohasset/Hanover had a 2-0 lead at the 12:35 mark of the third period after a goal from Hoadley, but Quincy/North Quincy were able to rally for the 2-2 tie.

Alex Martini scored for Cohasset/Hanover in the first period.

Martini has been playing well on the scoring front, notching 4 goals with 5 assists heading into the Stoughton game. Taylor is the scoring leader, with 4 goals and 6 assists, while Hoadley has 3 goals and 2 assists.

Kearney has been brilliant, with a .948 save percentage, stopping 110 of 116 shots on the season for a 1.29 Goals Against Average.



Cohasset/Hanover's Karly Bowen and Scituate's Kori Garland. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

GIRLS H

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In the win over King

SWIMMING

Waves shatter records

Cohasset swimmers help Weymouth Waves break team records

The Cohasset Mariner

Cohasset's Leigh Spicer, Marshfield's Devin Cronin and Scituate's Brianna Larnard helped lead the Weymouth Club's Weymouth Waves to a record-shattering performance at the University of Pittsburgh's 54th Annual Christmas Invitational Meet.

In all, 18 individual team records were broken as 16 Waves swimmers competed. They swam in a total of 102 races and 71 personal bests were established.

"It was an incredible performance by the entire team," noted Waves head coach Jack Folcarelli. "Obviously, the team is headed in an awesome direction."

Spicer's performance was especially noteworthy. Just one day before the meet, the outstanding freestyler turned 13 years old. She responded by swimming the 1650 freestyle in a record 17:42. This time lowered her best previous time in the event by a remarkable 49 seconds.

In addition, she made

"It was an incredible performance by the entire team. Obviously, the team is headed in an awesome direction."

— Jack Folcarelli, Waves head coach Jack Folcarelli

the qualifying time for the Sectionals by 12 seconds making her the youngest Wave ever to qualify for the Sectionals, which are scheduled for March 31—April 3 in Buffalo, NY.

"I have been coaching Leigh since she was six years old which makes me doubly proud of her accomplishments," said Folcarelli, who has been on the Waves' staff for six years first when he coached the 10-and-under Waves swimmers and then head age group and Waves' assistant coach prior to his being named the head coach earlier this year.

Spicer's brother, Dean, who is now a freshman at Cohasset High School, is also a Waves swimmer and, like his sister, has also qualified for the Sectionals. His specialty is the 200 fly.

Cronin, who signed a National Letter of Intent to swim at Division I Loyola of Maryland next year, set personal bests in

six events at Pittsburgh—the 100 free, the 100 and 200 breaststroke, the 100 fly and the 200 and 400 individual medley.

In addition, she qualified for the Sectionals in three events—the 100 fly, the 200 IM and the 200 breaststroke.

What's more, she qualified in the 100 breaststroke for the USA Swimming Futures, which will be held later this summer in Maryland. The Futures is a national-level meet that is a cut above the Sectionals.

"What Devin did is remarkable," pointed out Folcarelli. "Here she is a senior in high school and she is setting personal bests in six events. That is incredible."

Not to be outdone, Larnard also qualified for the Futures in the 200 fly. Saving her best for last, she swam her specialty in 2:05.17. This came on the last day of the Pittsburgh meet, and it bettered her best previous time in the event by a full two seconds. It also established a Waves team record as it bettered the previous mark of 2:06 set by Haley Knight, who is now swimming at Division I Louisiana State University (LSU).

"I was very proud of all our swimmers," said Folcarelli. "It was truly a monster performance by everyone."

ROX BASEBALL

Plefka named pitching coach for 2016

Former Texas Tech hurler/hoopster joins staff

Just after the New Year the Brockton Rox bring on former pitcher Jon Plefka as the 2016 Pitching Coach.

Plefka attended Texas Tech University where he not only pitched but also was a forward for Bobby Knight for 3 years. Upon graduating Plefka was drafted by the Angels in the 47th round. He played minor and independent league baseball for 8 seasons reaching the AA level. Teams include Orem Owlz, Bridgeport Bluefish, Winnipeg Goldeyes and the Brockton Rox, among others. Plefka will be entering his first season as

an assistant coach at Post University in Waterbury, Connecticut.

Rox Head Coach Jason Szafarski is very excited to have Plefka on board for the 2016 season.

"We have done a great job to this point in recruiting and signing talent from the New England area and all over the United States. It is great to know that we are going to have an experienced pitching coach as well. Many of our players have an opportunity to play for professional teams, having a staff member who has been in Major League systems will be very beneficial both on and off the field," said Coach Szafarski.

Plefka is looking forward to contributing to the 2016

Rox in making the playoffs for the fifth straight playoff appearance and through to the second round of the tournament. "I am very excited to be back in Brockton. It's a great city with a lot of pride and a great community. I hope to contribute to the Rox continuing success and bring a championship to the city," said Coach Plefka.

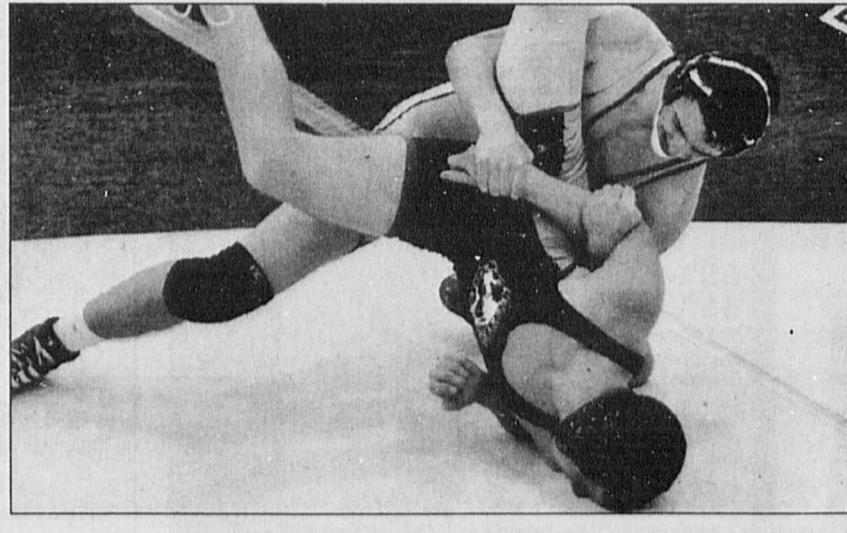
The Rox have featured players from Cohasset in past seasons.

The Rox season kicks off on Thursday, June 2, against the Nashua Silver Knights. Group and Season Ticket packages are currently on sale through the front office, for more information please contact the Rox Front Office at (508)559-7000.

The Rox season kicks off on Thursday, June 2, against the Nashua Silver Knights. Group and Season Ticket packages are currently on sale through the front office, for more information please contact the Rox Front Office at (508)559-7000.

Cohasset's Sean Mavilia made it to the second day of wrestling and finished fifth at the Marshfield Holiday Tournament.

COURTESY PHOTO / SUE MAVILIA

**NOTES**

From Page B1

choice of hundreds of books each week. The girls take four home each week for reading with their parents.

Hot Shots, which runs on nine Sundays from Jan. 24-Mar. 20, is based in Marshfield but is open to girls from all South Shore communities.

The 2016 season begins Sunday, Jan. 24, and there are plenty of openings in all the sessions. The sessions are: 9 a.m., 10 a.m., and 11 a.m. for ages 2 to 6 plus an advanced skills session at noon for grades 1-5. The sessions are held at the Furnace Brook Middle School gym in Marshfield. The fee is \$95 and includes a T-shirt and medal. Registration forms and more information are available on the Hot Shots website (www.hotshotsoccer.org).

For more information, call John Wilpers (617-688-0137 cell), writehotshotsoccer@aol.com or go to www.hotshotsoccer.org.

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YOUTH BASKETBALL



The Cohasset Winter Recreation Laeague Grade 5 Girls. COURTESY PHOTOS

Winter Recreation League starts

The Cohasset Basketball Boosters recently kicked off their winter recreation league, which runs from December-March for boys and girls in grades 1-8. The league is sponsored, in part, by the generosity of the following local businesses: Good Sport, Kennedy's Country Gardens, Cohasset Dental, Del's Lemonade, Cohasset Pizza House, South Shore Children's Dentistry, Expressit same-day specialist, Rise Above Basketball, and Reebok.



The Cohasset Winter Recreation League Grade 6 and 7 Lakers.



The Cohasset Winter Recreation League Grade 4 Girls.



The Cohasset Winter Recreation League Grade 6 and 7 Bulls.



The Cohasset Winter Recreation League Grade 6 and 7 Thunder.



The Cohasset Winter Recreation League Grade 6 Girls.



The Cohasset Winter Recreation League Grade 2 Girls practice.



The Cohasset Winter Recreation League Grade 6 and 7 Heat.

WRESTLING

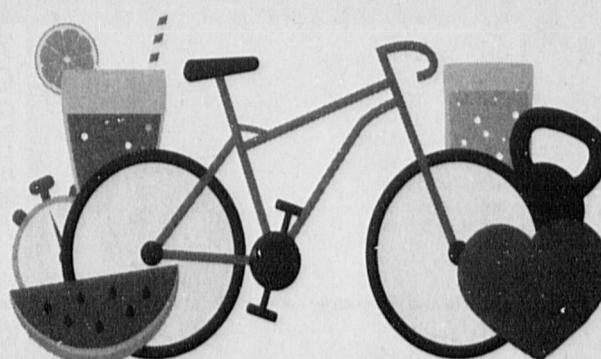
From Page B1

Cohasset coach Torin Sweeney said about the Cohasset Mariner Dec. Athlete of the Month. "He's a hard worker, very dedicated to wrestling."

The Cohasset Tournament is one of those days where Sweeney plays multiple roles, as a coach and host.

Of course he's ready.

"Big day for the kids," he said.

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SEPAC

Educational Consultant Carol Kinlan coming

Cohasset Special Education Parent Advisory Council is pleased to host "Watchful Eyes on the Young Learner" presented by Carol Kinlan, M.Ed., M.B.A. of McMillan, Howland & Spence Educational Consultants. The presentation will be held at the school district's Administrative Offices in the Community Room (143 Pond St.) on Tuesday, Jan. 12th from 7 to 9 p.m.

Kinlan's presentation "Watchful Eyes on the Young Learner," addresses the importance of timely diagnosis, interpretation and remediation of learning disorders, especially disorders related to early reading and comprehension. This presentation highlights the need for early intervention in young children with potential or existing learning disorders, and details symptoms to look for in young children who may later struggle in school.

Kinlan will discuss steps concerned parents can take to better understand if and why their child is struggling. Although, this talk is targeted to parents with children ages 2 years to 10 years, Kinlan enjoys working with students of all ages, from pre-kindergarten through college planning. Helping each student value his or her individual learning style, interests and goals is a strength she brings to her clients and their families. With numerous years of independent school experience as both a faculty member and parent, Kinlan understands the complexities and nuances of the school and college planning process.

Kinlan, an educational consultant with the Boston Educational Consulting firm of McMillan, Howland & Spence, has a comprehensive background in the identification, interpretation and school support options

Kinlan's presentation "Watchful Eyes on the Young Learner," addresses the importance of timely diagnosis, interpretation and remediation of learning disorders...

for students with language-based learning, and executive function and attentional challenges.

Prior to joining MH&S, Kinlan was Director of Learning Resources at the Shady Hill School in Cambridge and Learning Services Head at the Dedham Country Day School in Dedham. She has worked at The Institute for Learning and Development in Lexington, conducting neuropsychological assessments. She has done observerships at Landmark School, Massachusetts General Hospital's Pediatric Neurology Department, and Tufts University's Center for Reading and Language Research.

Kinlan holds a master's degree from the Harvard University Graduate School of Education's Mind, Brain and Education Department. She currently serves on the Board of Visitors for The Fenn School. She is the Vice Chair for the Learning Disabilities Committee of the Independent Educational Consultants Association (IECA).

The presentation is free and open to the public. Light refreshments will be served. For more information on this or other discussions on the South Shore, visit our Facebook page and CohassetSEPAC.org.

SCITUATE SISTER CITY

Film festival promotes trans-Atlantic friendship

The Scituate Sister City Project is delighted to announce their first French Film Festival, to promote our friendship with Sucy-en-Brie, and to help raise funds for future exchanges.

For those of you who are unfamiliar with the Scituate Sister City Project, this is an international program that "twins" foreign cities and towns with towns in the United States. For several years, the high schools of Scituate and Cohasset have enjoyed student exchanges with Sucy-en-Brie, a lovely suburb approximately 13 miles southeast of Paris.

A few years ago, the mayor of Sucy approached Pat Jacquot, then head of the language department at Scituate High, and asked if she'd be interested in expanding the relationship between the towns to twin status. French teachers from both towns formed a committee, and invited interested residents to become involved as well. Since that time, many more exchange programs have taken place, including one for South Shore artists, two for local Seniors, as well as a couple of language immersion programs.

■ The first film, Joyeux Noël, will show on Thursday evening, Jan. 21st. Academy Award, Golden Globe and BAFTA nominee for Best Foreign Film, Joyeux Noël tells the true life story of the spontaneous Christmas Eve truce declared by Scottish, French and German

troops in the trenches of WW I. Enemies leave their weapons behind for one night as they band together in brotherhood and forget about the brutalities of war.

■ King of Hearts (Le Roi du Coeur) will be shown on Thursday, Feb. 4th. A thoroughly delightful film, this 1966 comedy-drama is directed by Philippe de Broca and stars Alan Bates. The film is set in a small town in France near the end of WW I. As the Imperial German army retreats, they booby trap the whole town to explode.

The locals flee, leaving the gates of the local insane asylum wide open for a gang of cheerful lunatics to escape and take over the town. The result is delightful confusion, as a lone Scottish soldier arrives to defuse the bombs in advance of his fellow troops. In the end, the film asks the question who is more insane, the lunatics or those who make war.

■ Le Grande Illusion, which will air on Thursday, March 3rd, is a 1937 classic, directed by Jean Renoir. The story concerns class relationships among a small group of French officers who are prisoners of war during WW I and are plotting an escape. The title of the film comes from the book The Great Illusion by British Economist Norman Angell, which argued that war is futile because of the common economic interests of all European nations.

The perspective

For several years, the high schools of Scituate and Cohasset have enjoyed student exchanges with Sucy-en-Brie, a lovely suburb approximately 13 miles southeast of Paris.

of the film is generously humanistic to its characters of various nationalities. It is regarded by critics and film historians as one of the masterpieces of French cinema, and among the greatest films ever made.

The films will be shown at Saint Mary's Parish Center in Scituate Harbor, and will begin at 6:30 p.m. They are in the original French, with English subtitles. There will be a brief introduction before each film, as well as a discussion afterward, and refreshments will be served. Tickets are \$5, payable at the door, and the program is free to Scituate Sister City Project members. If you would like to join the Sister City Project, visit: ScituateSisterCityProject.com

If you plan to attend, it would be appreciated but not necessary if you could e-mail Pat Jacquot at p.jacquot@comcast.net. Please join us for a fun and enlightening evening!

OSGOOD

Kindergarten signups for 2016-17

The Joseph Osgood School will host kindergarten registration for the 2016-17 school year from 10 a.m. to 2 p.m. daily beginning Jan. 19.

Children who turn 5 years old on or before Sept. 1, 2016, are eligible. Parents registering for kindergarten will be asked to indicate interest in full-day or half-day kindergarten at the time of registration, but do not have to commit at that time.

Parents are encouraged to register early to facilitate planning for programs. A birth certificate and proof of residency are required upon registering. For information: 781-383-6117.

DON'T MISS THIS Community center nursery school signups

South Shore Community Center Nursery School is currently accepting applications for two, three, four and five, Half Day Toddler preschool programs.

The school also offers a variety of extended day options to meet individual family needs.

For information or to arrange a tour of the school: 781-383-0036; amadden@southshorecommunitycenter.com.

DON'T MISS THIS Community Peer Preschool open house and applications

Community Peer Preschool applications and information for the 2016-17 school year are available on the Cohasset Public School website or the Student Services Office, 143 Pond St.

Application, proof of residence and birth certificate should be returned to the Student Services office by Feb. 1.

The school will also hold an open house from 9:30-10:30 a.m. Feb. 5 at the Joseph Osgood School, 210 Sohier St. A preschool lottery will be held on Feb. 12 and parents and guardians will be notified of next steps the week of Feb. 22.

For information: 781-383-6104.



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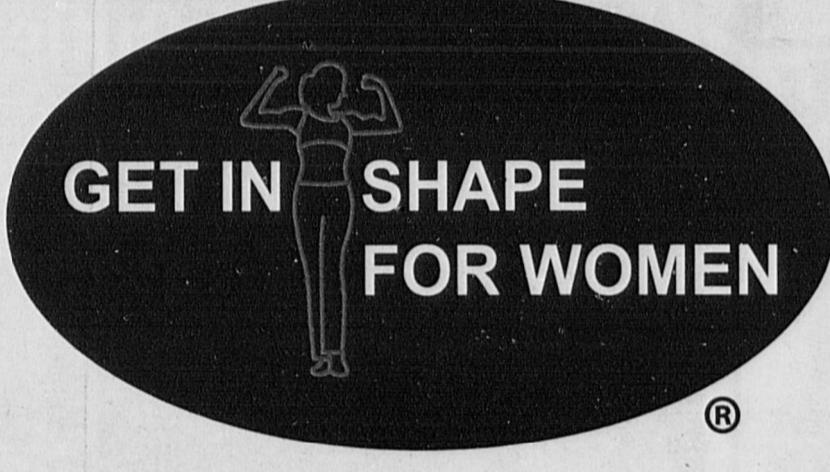
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DON'T MISS THIS

Art Center winter classes

South Shore Art Center recently announced its winter schedule of courses and workshops in all media for students will begin Jan. 13, 119 Ripley Road.

New youth classes include Super Animation Basics on Wednesday afternoons beginning Jan. 20 and Stop Motion Animation on Thursday afternoons beginning Jan. 21. Both classes are taught by Brian Fitzgerald and are offered to students in grades eight to 12.

Chris Chiba will teach Origami to students in grades seven to 10 on Saturday mornings beginning Jan. 16. Selfies and Friends, taught by Andrea Abarca Coutts, is offered on Tuesday afternoons to students in grade eight to 12.

New adult classes include Figure Drawing on Thursday evenings and Introduction to Painting with Pastels on Saturday mornings, both with Laurinda O'Connor. Acrylic Painting on Wednesday evenings and Portraits on Friday mornings will be taught by new faculty member Paul Endres Jr.

Classes and workshops are offered in all media for all ages and abilities. Drawing and painting classes are also offered at the Hingham Community Center on South Street in Hingham.

For a full description and to register: ssac.org; 781-383-2787.

If you go

WHAT: Winter schedule of courses and workshops

WHEN: Beginning Jan. 13

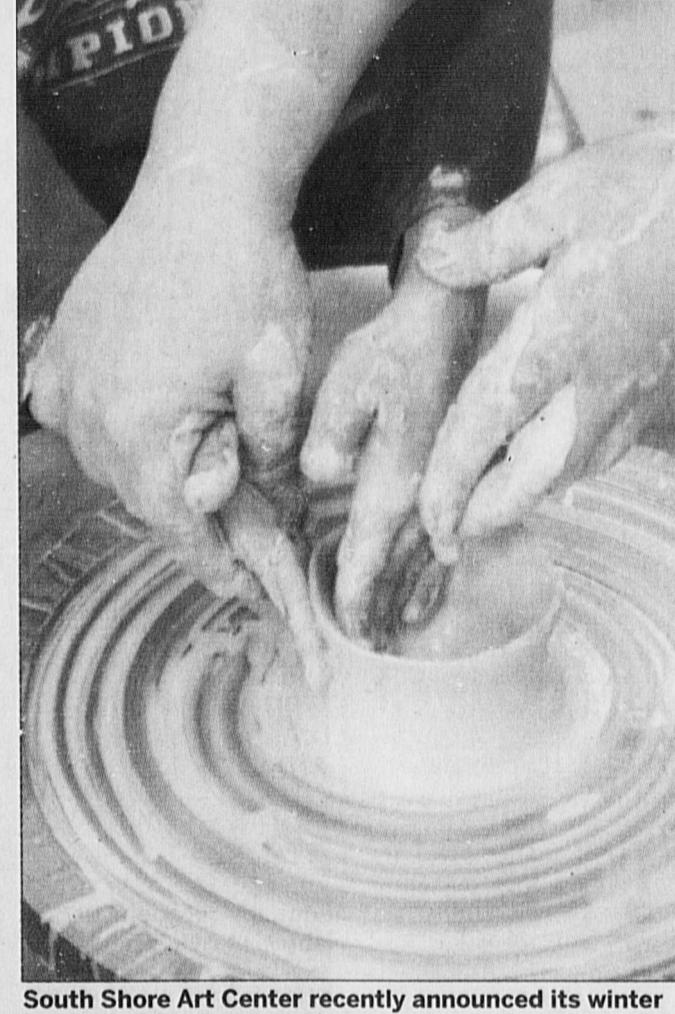
WHERE: South Shore Art Center, 119 Ripley Road

DETAILS: Classes and workshops in all media for

all ages and abilities.

INFO: ssac.org or

781-383-2787.



South Shore Art Center recently announced its winter schedule of courses and workshops in all media for students will begin Jan. 13, 119 Ripley Road. COURTESY PHOTO

SAVE THE DATE

Memorabilia seminar Jan. 12

Lisa Dooley of "Your Organized Life" will demonstrate a number of ways to showcase items to make memories last at her seminar "Making Memories Last," held from 9:30 to 10:30 a.m. Jan. 12 at the South Shore Community

Center, 3 N. Main St. Cost is \$25 per person. Registration is required; there is limited space for this seminar.

For information: 781-383-0088; southshorecommunitycenter.com.

FREE

Yoga for seniors this month

Cohasset Elder Affairs will offer two free yoga and two free yoga/meditation classes in January.

Amy DiLillo will lead Gentle Yoga at no charge From 9:30 to 10:30 a.m. Jan. 12 and 26. Jennifer Willms will lead Yoga/Meditation at no charge from 8:30 to 9:30 a.m. Jan. 14 and 28. Gentle Yoga is a form of exercise that can increase mobility and calm senses. This flowing yoga class will help attendees feel balanced and invigorated.

Yoga/Meditation will

blend yoga as well as various styles of meditation, including moving meditation, Yoga Nidra, a reclined or seated guided meditation, and Insight Meditation, which explores ways to calm and relax the mind.

Wear comfortable clothing and bring a mat if possible. If not, a mat will be provided. All programs are held at Willcutt Commons, 91 Sohier St. For information: Cohasset Elder Affairs, 781-383-9112.

DON'T MISS THIS

Puppet Show on Friday, Jan. 15

The South Shore Community Center will present Pumpernickel Puppets with John McDonough from 10:10-45 a.m. Jan. 15, in the SSCC Gymnasium, 3 N. Main St.

Pumpernickel Puppets presents "The Three Billy Goats Gruff" and "The Lion and the Mouse." The show is presented with large colorful hand puppets and live voices and sound effects.

This performance is appropriate for children 3 and older. Registration is not needed. Cost: \$7 at the door. Children must be accompanied by a parent or caregiver. For information: 781-383-0088.

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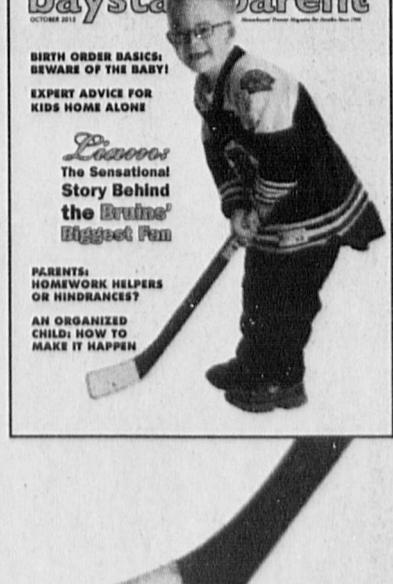


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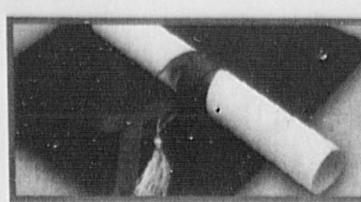
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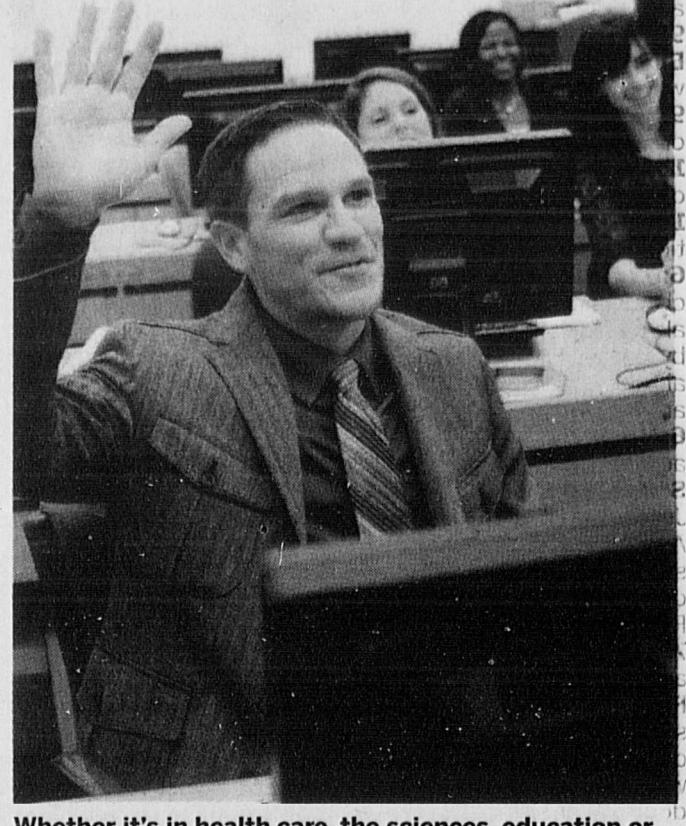
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For those in the helping professions, Regis offers several programs. The MA in Counseling Psychology is designed to develop highly effective counselors. Coursework focuses on critical theories, research and applications of psychology. Students in the MS in Applied Behavior Analysis program learn how to effectively apply behavior-analytic procedures to solve behavioral problems and improve conditions for those



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An MS in Organizational and Professional Communications from Regis provides students with the skills needed to advance a career in marketing, management, public relations, and business. The MA in Heritage Studies responds to demands for practical applications of liberal arts skills within a variety of settings, including historical preservation, museums and archives, and nonprofit organizations.

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Kathy Clark, 508-674-2788, ext 110 or

Bill Carlo, ACEP director, bill.carlo@umb.edu; 617.287.5489

ACEP, the oldest and largest preparation program for substance abuse counselors in Massachusetts, is licensed by the State of MA Dept. of Public Health.

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COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset police log. The log is public record and available for review.

Monday, Dec. 28

6:58 a.m.: Traffic patrol at King and Pond streets.

7:05 a.m.: Written warning for motorist at traffic stop at 290 King St.

9:07 a.m.: A fire inspection Black Rock Road. Services were rendered.

9:35 a.m.: A fire inspection on Stockbridge Street.

11:40 a.m.: A fire inspection on Wheelwright Farm.

12:08 p.m.: A fire inspection on Chittenden Lane.

6:03 p.m.: Well being check on a man dressed all in black on N. Main St.

by Barnes Field who was almost hit by caller and another vehicle.

6:51 p.m.: A motor vehicle accident was reported at Stop & Shop off Chief Justice Cushing Highway.

A caller reported a vehicle struck him as he was pulling out of his parking space.

Paperwork was exchanged.

7:58 p.m.: Suspicious activity was reported on Fernway.

A caller reported someone ringing her doorbell and not being there when she answered the door.

Caller also stated it was an ongoing issue. They believed it to be teenagers.

An area search turned up negative.

Tuesday, Dec. 29

9:07 a.m.: A fire inspection on Highland Avenue.

10:14 a.m.: A fire inspection on South Main Street.

5:41 p.m.: A caller reported a dog in the middle of the road just passed the police station on Elm Street chasing cars and being aggressive. The area was checked and the dog was gone upon officer arrival.

6:08 p.m.: A caller reported a female threatening to come and fight him because he posted a derogatory comment on social media about the woman's brother.

Caller requested an officer. Issue was resolved and party was advised to call 911 if anyone showed up.

8:42 p.m.: A suspicious vehicle was reported on Lighthouse Lane. Party was sent on his way.

Wednesday, Dec. 30

8:50 a.m.: Motorist was issued a written warning on Chief Justice Cushing Highway.

1:32 p.m.: warrant arrest on Mill Lane. Female in custody.

4:45 p.m.: Fraud was reported on Elm Street.

Caller reported a case of identity theft.

4:56 p.m.: A caller reported smoke forming under his deck outside his home on Ash Street. No flames were reported. Command reported the smoke was coming from a dryer vent.

6:15 p.m.: Traffic enforcement on Sohier Street by the Music Circus.

7:32 p.m.: Caller from Kendall Village reports her guests found a wallet in Boston and want to turn it over to police to return to owner.

8:49 p.m.: A carbon monoxide alarm was reported on Black Horse Lane.

No carbon monoxide was detected in the residence.

Thursday, Dec. 31

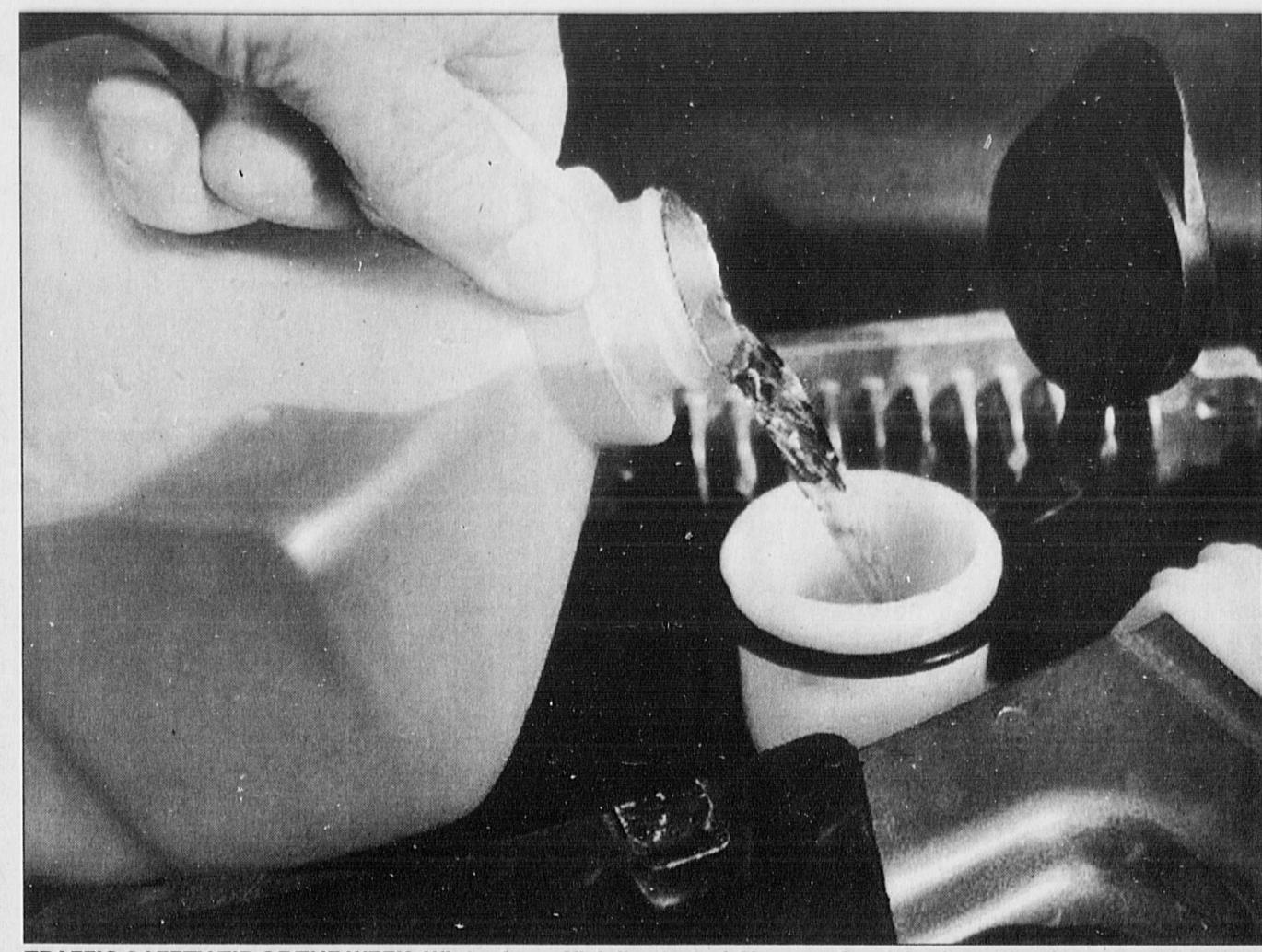
9:07 a.m.: A caller reported a past employee making threats at Mobil Mart on King Street. A report was filed.

11:16 a.m.: Traffic enforcement at Cedar and Hull streets.

11:27 a.m.: Man in lobby reports larceny from library on Ripley Road.

3:10 p.m.: A Doane Street caller reported her son stealing money and her phone from her. Caller filed a report. Male subject left on foot wearing a black hoodie.

4 p.m.: A fuel spill was



TRAFFIC SAFETY TIP OF THE WEEK: Winter has officially started. Here are 3 quick winter tips for safer driving: Keep your windshield washer fluid reservoir full using high-quality winter fluid that contains deicer; check the condition of your wiper blades and replace them if worn; and make sure to wipe your headlights clean at least whenever you get gas. The salt and sand splashed can build up and can reduce even the brightest or newest headlights. COURTESY PHOTO

reported on Border Street, next to the Cohasset Harbor. Officers spoke with harbormaster who stated it was a spill of one pint hydraulic fluid. No further assistance needed.

10:43 p.m.: A caller reported fireworks being set off nonstop on Beechwood and Doane streets.

An area search turned up negative.

Friday, Jan. 1

4:09 a.m.: A burglary alarm was reported on Jerusalem Road. Motion detectors were set off. Property checks out.

11:23 a.m.: A caller went to the station to report being scammed on Craigslist.

1:45 p.m.: A suspicious motor vehicle was reported on Beechwood Street. Passenger was waiting for a ride.

4:16 p.m.: Caller from Forest Ave. states a woman knocked on her door and tied a dog to the lightpost in front of the house and left. Dog is still there. Owner came out and took the dog.

8:09 p.m.: A caller requested an officer to do a walk-through of a residence on Beach Street. A door was left open before the house sitter arrived.

8:20 p.m.: A gas leak was reported on Lighthouse Lane.

Area was checked and no leak was found.

Saturday, Jan. 2

4:15 a.m.: A suspicious person was reported on Chief Justice Cushing Highway.

Services were rendered. Officers confirm it was the manager of the cleaning crew at the dealership.

11:41 a.m.: A dispute was reported on South Main Street.

A caller reported a male party threatened him over a dispute with dogs.

Parties got violently angry, however, no weapons were involved. Services were rendered.

12:31 p.m.: A walk-in report of larceny was at the station. A mailbox post was reported stolen.

3:44 p.m.: A caller reported an odd car on the side

street on Chief Justice Cushing Highway. Caller reports male subject filming in the area and took off when he spotted the caller. An area search turned up negative.

4:08 p.m.: A caller reported people hunting geese on Lamber's Lane. All hunters are properly licensed and were more than 500 feet away from a dwelling.

5:02 p.m.: A residential alarm was reported on Border Street. Officers checked and secured the building.

6:55 p.m.: A missing person was reported. A walk-in report was made stating husband did not return home from church. Officers later report that the party arrived home safely.

HEALTH

How to dispose of old prescriptions

The holiday season is upon us. Because the holiday season is a time when friends and family often have unfettered access to your residence, unwanted or outdated drugs sometimes become the target of theft and misuse, especially by teenagers. To avoid theft and misuse, the Cohasset Police Department has launched a program designed to significantly reduce the prescription drugs in Cohasset homes that are either no longer needed or outdated.

America's 12 to 17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is unwittingly coming from the medicine cabinets of their parents, grandparents, and friends. More and more adults recognize the need to remove these

substances from the home and legally and safely turn them over to law enforcement for proper destruction.

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands. Law enforcement takes control of and destroys drugs on a regular basis as part of their regular operations.

Please join police in this effort by recognizing the need to remove unwanted or outdated drugs from your home before holiday visitors arrive. You can participate by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available 24 hours a day, 7 days a week, located inside the police station lobby.

Joining police in this

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands.

program will help to prevent teenagers and adults from abusing prescription drugs that may be unwittingly coming from your medicine cabinets as their parents, grandparents, and friends.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication. COURTESY PHOTO

REGISTRY OF DEEDS

Social media and the registry

Underscoring the importance of communicating directly with the citizens of Norfolk County, Register of Deeds William P. O'Donnell reminded consumers about the various social media applications made available to them through the registry.

O'Donnell said, "Our mission here at the Registry of Deeds is to make important information readily available on a 24/7 basis to all consumers. After all, just because our doors close at the end of the business day doesn't mean the registry has to stop working. Our website norfolkdeeds.org is a valuable resource to review scanned images of up to 5 million land documents dating back to 1793, as well as to learn about the latest consumer protection programs."

For example, the register noted that residents can print out an application of

the Homestead Act on the website, a law which provides a homeowner with limited protection against the forced sale of their primary residence up to \$500,000, or sign-up directly online for its Consumer Notification System that will alert a person anytime a land document has been recorded or amended against their name in Norfolk County.

"There is valuable county real estate information that can be researched and tracked on the website based on the monthly and quarterly real estate statistical reports done by the Registry of Deeds, such as the number of homes sold, average prices of property sold, mortgage discharges, homestead applications and much, much more," O'Donnell said.

Other forms of social media utilized by the Registry of

registry for a few dollars and also a video on foreclosure assistance for residents who have received a Notice of Foreclose Mortgage from a lender. Videos highlighting the registry's various philanthropic initiatives, such as its annual holiday food drive or its Suits for Success program, which helps people who are attempting to re-enter the workforce, can also be viewed.

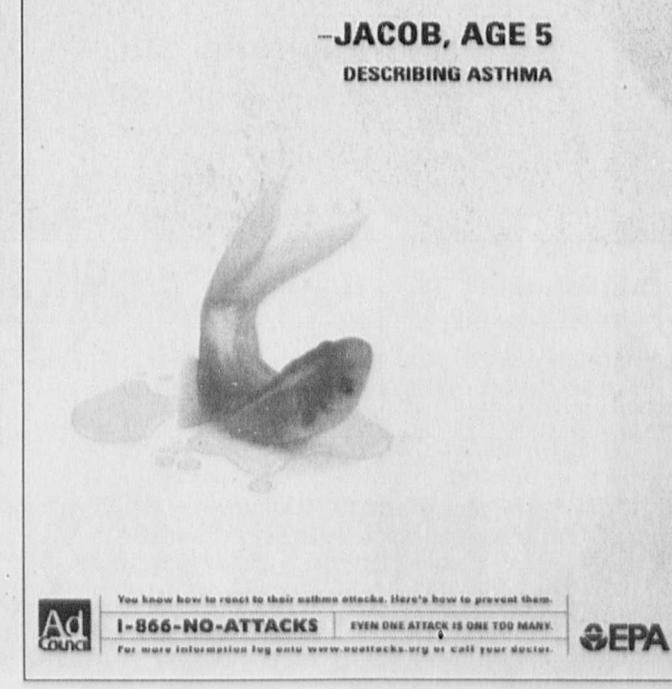
"My office continues to focus on ways the Internet and social media can provide services 24/7 to registry customers," O'Donnell said. "A key initiative underway is to make our website easier to access for users of tablets and smartphones. Our goal is to complete this initiative in the near term."

For information: facebook.com/NorfolkDeeds; twitter.com/NorfolkDeeds; norfolkdeeds.org.

"I FEEL LIKE A FISH WITH NO WATER."

JACOB, AGE 5

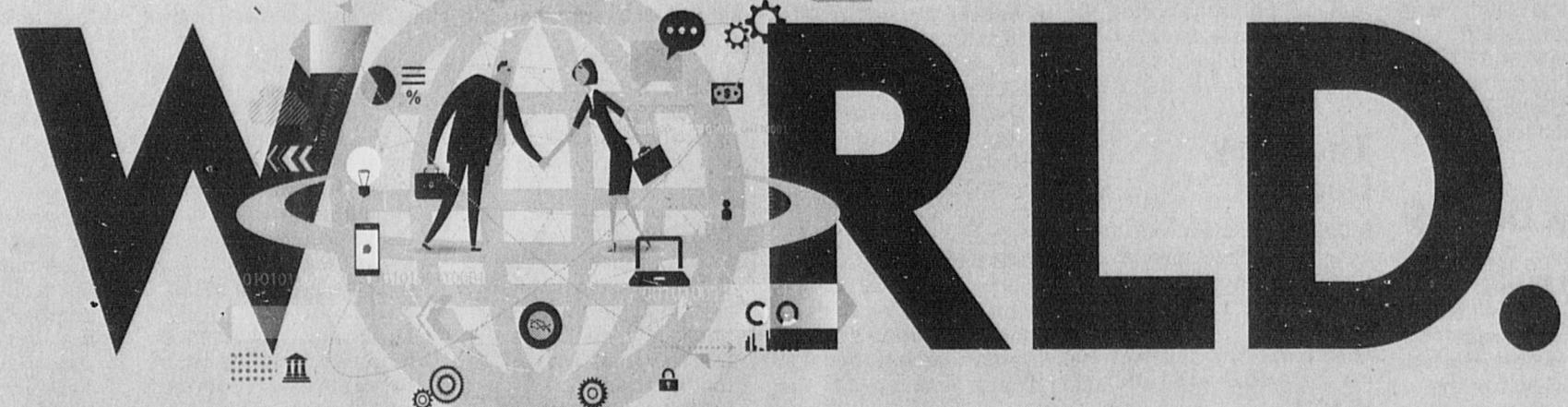
DESCRIBING ASTHMA



You know how to react to their asthma attacks. Here's how to prevent them. 1-866-NO-ATTACKS EVEN ONE ATTACK IS ONE TOO MANY. For more information log onto www.noattacks.org or call your doctor. Ad Council EPA

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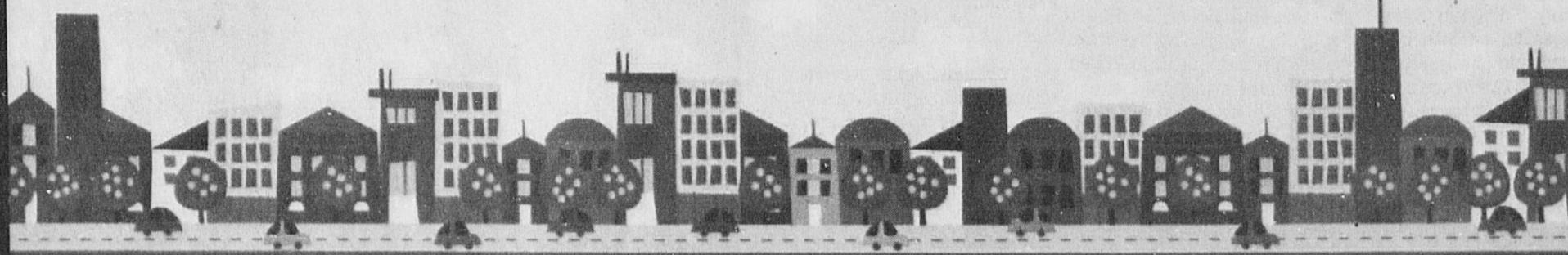


WORLD.

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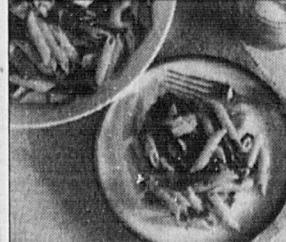
Finding great talent can be a challenge. Finding them nearby, even more so. Monster and Wicked Local Jobs have the technology and media solutions to help you reach, connect with and hire the best local talent. From social to mobile, print to the cloud, let us help you find the best hire, around the globe or around the corner. To learn more, visit WickedLocalJobs.com

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MONSTER

FOOD

TIP OF THE WEEK



Sensible sauces for a healthy new year

Sacrificing some of your favorite foods doesn't have to be part of your new year/new you strategy. In many dishes, it's the sauces that pack on the calories you're trying to avoid. Look for swaps that let you enjoy delicious, better-for-you dinners.

Pasta is notoriously a diet danger zone, but dressing up the noodles with plenty of flavorful ingredients and switching out dense, high-calorie sauces for tasty substitutes will let you keep enjoying savory pasta dishes while you work toward a healthier lifestyle.

Even creamy recipes are possible with the right substitutions. Use yogurt-based sauces like Sabra's Farmer's Ranch Greek Yogurt Dip. Or try swapping traditional pasta sauce for Sabra's Chipotle Hummus.

— Family Features

EASY RECIPE

Quinoa Grapefruit Blueberry Breakfast

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

- $\frac{3}{4}$ cup Florida Grapefruit Juice
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup quinoa, rinsed
- 2 tablespoons liquid honey or maple syrup
- 2 Florida Ruby Red Grapefruit, segmented
- 1 cup fresh or frozen blueberries
- 1 cup 0% vanilla or plain yogurt
- Fresh mint leaves

In small saucepan, combine grapefruit juice, water, quinoa and honey. Bring to boil; cover and simmer for about 15 minutes, or until liquid is absorbed. Stir in grapefruit and blueberries; divide into shallow bowls and top with yogurt. Garnish with mint to serve.

— Family Features

NUMBER TO KNOW

600: There are more than 600 different pasta shapes produced worldwide.

— More Content Now

FOOD QUIZ

Vermicelli translates into "little ____" in Italian.

- A. Tongues
- B. Worms
- C. Strings
- D. Slices

Answer at bottom of column.

WORD TO THE WISE

Al dente: Pronounced al-DEN-tay, it literally means "to the tooth," which is how to test pasta to see if it is properly cooked. It should be soft but slightly firm at the core and require some chewing but not crunch or stick to the teeth.

— Cookthink

QUIZ ANSWER

B. Worms



THE DISH ON

'Simply Scratch: 120 Wholesome Homemade Recipes Made Easy' — Laurie McNamara: Based on her popular food blog, McNamara shows off her home-cooking know-how through 120 wholesome recipes along with stunning photography, entertaining anecdotes and personal musings. — Avery



GOOD & HEARTY

Peasant dishes use wholesome ingredients for wow.

PHOTO COURTESY RELISH MAGAZINE

By the editors of Relish Magazine

Before cornmeal starred in polenta and rice became risotto, cornmeal was fried up as cornmeal mush and rice was eaten in beans and rice.

These were peasant dishes at their best — based on local, inexpensive ingredients available to all. These foods weren't gussied up with fancy sauces or garnishes; instead they were meals that conserved (and recycled) and made do with little.

Peasant dishes, with their earthy, honest ingredients, now star in hip restaurants across the country, a testament to their lure and durability. Here's a dish born out of a lean pantry. It's perfect for adapting to what you have on hand and improvising at length.

Braised Chicken and Vegetables

Serves 4

- 1 T olive oil
- 6 bone-in chicken thighs
- 1 potato, peeled and chopped
- 1 yellow onion, finely chopped (1 cup)
- 2 carrots, chopped
- 2 garlic cloves, minced
- $\frac{3}{4}$ cup white wine such as Chardonnay
- 1 cup reduced-sodium chicken broth
- 3 sprigs fresh thyme
- 1 tomato, chopped
- Juice of 1 lemon
- $\frac{1}{2}$ t salt

- Freshly ground pepper
- Lemon slices (optional, for garnish)

Heat oil in a large, heavy skillet over medium. Add chicken and cook until brown on both sides, about 10 to 15 minutes. Remove from pan. Add potato, onion and carrots; cook 5 minutes. Return chicken to skillet (with any juices). Add garlic, wine, broth, thyme, lemon juice, salt and pepper. Cover and simmer 15 to 20 minutes. Add chopped tomato, lemon juice, salt and pepper.

Ideas for a simple, filling soup lunch



PRUDENCE HILBURN

After working hard for several weeks on big dinners and making appetizers for several parties, I like to take time for a simple but filling lunch.

A bowl of hot soup and a tasty sandwich seems perfect. My mother-in-law made a great beef and potato soup that has been a favorite with our family for many years. My daughters still refer to it as "Mama Mary's Soup."

Over the years, I have made a few changes to this special soup, but the flavor remains about the same. I remember one time when I was

stir in a can of Italian-flavored tomatoes (with garlic, basil and oregano in it). Then there are Mexican tomatoes which give the soup a "south of the border" flavor.

If you enjoy adding your own touch to recipes, this is a good recipe to use as a basic starter for many other soups.

Prudence Hilburn of Piedmont, Alabama, has won more than 30 national cooking awards and written several cookbooks, including "Kitchen Keepers." Write her at prudencehilburn@aol.com or visit prudencehilburn.com. More Content Now

BEEF AND POTATO SOUP

- 1 to 1 $\frac{1}{4}$ pounds ground chuck
- 1 cup chopped onions
- 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ cups peeled and cubed potatoes
- 2 cups water
- 1 can (14.5 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce (I like the kind with roasted garlic)
- Salt and black pepper, to taste

Combine ground chuck and onions in soup pot. Cook over medium heat until beef is no longer pink. Drain excess grease. Add potatoes, water, tomatoes and tomato sauce. Bring to a boil, then reduce heat to medium. Cook for about 20 minutes or until potatoes are fork-tender. The amount of time needed will depend on the size of your potato cubes. Taste and add the salt and black pepper, as needed.

CALENDAR

Chase Away the Winter Blues gala

WHEN: 7 p.m. to midnight Jan. 30

WHAT: South

Shore Con-

servatory 10th

anniversary

Chase Away the

Winter Blues gala

INFO: South

Shore Conserva-

tory will host the

10th anniversary

of its Chase Away

the Winter Blues gala, 1 Conservatory Drive, Hingham.

This year the South Shore Conservatory will hold a red-carpet-themed evening. South Shore Conservatory's Hingham campus is transformed into several nightclubs, including the Hollywood Bowl, the Tony Club, Rick's Café, the Grammy Lounge and the Vanity Fair After Party. The evening includes a raw bar and hors d'oeuvres, buffet dinner, dessert and beverages. A silent auction will be held and complimentary valet parking will be provided. Dress is black tie. Cost: \$125 advance purchase; \$250 pre-event VIP tickets; and \$150 for tickets purchased after Jan. 16.

For information: 781-749-7565, ext. 30; sscmusic.org.



COURTESY PHOTO

'The Finest Hours' premiere

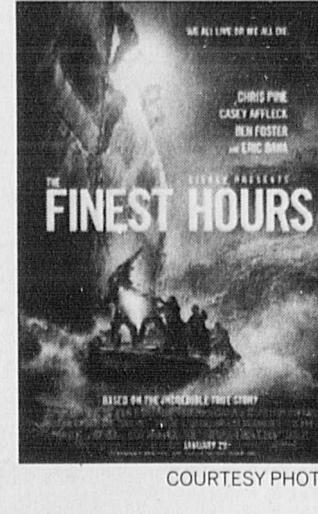
WHEN: 6-7:30 p.m. Jan. 28

WHAT: 'The Finest Hours'

premiere event at Cushing Center

INFO: Walt Disney's "The Finest Hours" premiere event will be held at the Cushing Center, 673 Main St., Norwell, followed by a private pre-release screening at the Patriot Cinemas, 1775 Washington St., Hanover. Ticket price includes cocktails/cash bar and light fare at the Cushing Center, movie ticket, popcorn and drinks at the cinema. Copies of "The Finest Hours" book will be available for purchase. Cost: \$50 per person. Proceeds will benefit the Norwell Food Pantry. Ticket sales will close on Jan. 6 or when sold out. Space is limited.

For tickets: bit.ly/1T0TZNR. For information: 781-659-2674.



COURTESY PHOTO

Creative Arts Reception

WHEN: Noon

Jan. 18

WHAT:

Third annual Creative Arts Reception

INFO: The National

Black Doll

Museum of

History and

Culture, 288

N. Main St.,

Mansfield,

will host the

third annual

creative arts

reception

in honor

of Martin

Luther King

Jr. Attendees

will enjoy a light

brunch, the

premiere of

"The Exiles," spoken word poetry and artwork by local students.



COURTESY PHOTO

Friday, Jan. 8

Spanish Story Time at Su Escuela

10:30-11 a.m., Su Escuela Language Academy, 75 Sgt. William B. Terry Drive, Hingham. Little ones and their caregivers are welcome to join Su Escuela teachers for a special holiday-themed story and craft time. Free and open to the public. Suggested ages 2-5. Su Escuela Language Academy partners with local libraries and community bookstores to offer story times in Spanish each month, where teachers select a familiar English book to read in Spanish to children and families. For information: 781-741-5454, suescuela.com.

Opening reception for artist Susan Ahearn: 6-8 p.m., Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Hingham resident and South Shore Art Center gallery artist Susan Ahearn is showing recent oil paintings throughout January and February at Cohasset's Paul Pratt Memorial Library. The show features everyday objects set in still life arrangements, along with a few landscapes. Ahearn has won numerous local art awards and was accepted into two national shows, including the 2015 show, Earth, Wind, and Fire, presented by the South Shore Art Association in Cohasset, where she won an honorable mention for her painting titled Fire Light. For information: 781-383-1348, cohassetlibrary.org.

Rockstar Posers at Quan's Kitchen Hanover

9 p.m., Quan's Kitchen, 871 Washington St., Hanover. Members: Paul Doolittle lead guitar, Tom Corsia drums, Brian Battles bass, Jimmy Rogers vocals. Free. For information: 781-826-8868.

Soul Box: 8 p.m., The Next Page Cafe, 550 Broad St., Weymouth. No cover. For information: 781-340-1300.

Saturday, Jan. 9

Tapestry: The Carole King Songbook

8 p.m., The Company Theatre, 30 Accord Park Drive, Norwell. The Company Theatre Center for Performing Arts presents its 2016 Special Events Series. A recreation of an iconic 1970s Carole King concert, Suzanne O. Davis and her band give an

energetic performance of King's greatest recordings. Tickets, \$32, are available for purchase online, by phone or at the box office at 30 Accord Park Drive, Norwell. The box office is open from 11 a.m. to 6 p.m. Mondays through Fridays and during all performances. Free parking is available on site, and the theater is handicap accessible. For information: 781-871-2787, companytheatre.com.

Fat City Band: 9 p.m., The C Note, 159 Nantasket Ave., Hull. For tickets and information: cnotehull.com or 781-925-4300.

B-Sides: 8 p.m., The Next Page Cafe, 550 Broad St., Weymouth. No cover. For information: 781-340-1300.

Sunday, Jan. 10

Boating Skills and Seamanship Course

9:30-11:30 a.m. Jan. 10, for eight weeks, Metropolitan Yacht Club, 39 Vinedale Road, Braintree. An eight-lesson boating skills and seamanship course is offered by Flotilla 12-5 of the U.S. Coast Guard Auxiliary. Classes convene take place Sunday mornings beginning Jan. 10, from 9:30 to 11:30 a.m. This course is directed to the first-time boater and as a review for the more experienced boater. Completion of this course may qualify for a discount on the student's vessel insurance. Cost, including materials: \$55. For information or to register, contact Bill Fuller: 781-848-2906, lwfj@verizon.net.

"Billy Elliot the Musical" auditions

1 p.m., The Company Theatre, 30 Accord Park Drive, Norwell. The award-winning Company Theatre announces open auditions for its upcoming production of "Billy Elliot the Musical." Callbacks will be held Jan. 11. Audition candidates should be strong singers, and arrive prepared to sing a song from the show in the key or a song in a similar musical theater style. The score will be available, and an audition accompanist will be provided. Dress appropriately to learn and rehearse a dance combination; not all audition candidates are required to be strong dancers. Audition candidates may bring their own sheet music, and should also bring a headshot

Hanover chorus spring season open rehearsals: 7-9 p.m. Jan. 11, 18 and 25, St. Andrew's Episcopal Church, 17 Church St., Hanover. Open rehearsals provide an opportunity for individuals to meet the chorus, learn about the music and enjoy singing in a non-audition, non-threatening atmosphere. The Chorus will begin preparing for a complete concert of Handel's "Messiah" to be held in May. For information: 617-849-2560.

or snapshot. A resume is helpful, but not required.

Sunday Author Talks series with Peter C. Stone

4-7 p.m., Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Prize-winning artist, author, educator and marine biologist Peter C. Stone will give a talk about his book "Waltzes with Giants: The Twilight Journey of the North Atlantic Right Whale." A wine & cheese reception and book signing will follow. Free admission. Seating is limited. Sunday Author Talks series is sponsored by Dean & Hamilton Realtors, Goodale Insurance and A Taste For Wine & Spirits. For information: 781-383-1348, cohassetlibrary.org.

Tech Mondays at the Ventress Memorial Library

6 p.m. Mondays in January, Ventress Memorial Library, 15 Library Plaza, Marshfield. The Ventress Library will be starting Tech Mondays at the beginning of the New Year. There will be four sessions covering iPad and iPhone Basics, eBooks, eAudio-books and eMagazines as well as device drop-in sessions to go over any questions. For information: 781-834-5535, rbrean@ocln.org.

Hanover chorus spring season open rehearsals:

7-9 p.m. Jan. 11, 18 and 25, St. Andrew's Episcopal Church, 17 Church St., Hanover. Open rehearsals provide an opportunity for individuals to meet the chorus, learn about the music and enjoy singing in a non-audition, non-threatening atmosphere. The Chorus will begin preparing for a complete concert of Handel's "Messiah" to be held in May. For information: 617-849-2560.

Tuesday, Jan. 12

Raising a Reader Series:

10:30-11:30 a.m. Tuesdays in January, Kingston Public Library, 6 Green St., Kingston. South Shore Family Network, in conjunction with the Kingston Library, is hosting a free Raising a Reader Series featuring "Big Ryan's Tall Tales." Parents with their children ages 3-5, with younger siblings welcome, can participate on Tuesday mornings in January in a literature-based program designed to encourage early literacy and book exchange program. For information or to register: 508-747-7575, ext. 6247; dmwightman@sccac.org.

Ballroom line dance lessons and practice

7-9 p.m., First Parish of Norwell, Unitarian Universalist, 24 River St., Norwell. Learn and practice line dances done at ballroom dances around the South Shore — incorporating steps from tango, cha cha, waltz and other ballroom dances — in this new monthly class. Two full lessons included in each two-hour session, plus reviews and line dance practice. Bring your own snacks, drinks. \$5 per person. For information: 781-871-2787, companytheatre.com.

Sunday, Jan. 15

Traditional Irish session with Skip Toomey

11 a.m. to 2 p.m., Tinker's Son, 707 Main St., Norwell. For information: 781-561-7361, tinkersson.com.

an idealistic vision, gathered together to tell the story of 1960s America. Book and lyrics are by Jerome Ragni and James Rado, music by Galt MacDermot. Co-directed by Jordie Saucerman and Zoe Bradford with choreography by Sally Forrest and music direction by Michael Joseph. Tickets: \$15-17. For information: 781-871-2787, companytheatre.com.

Wednesday, Jan. 27

Auditions for "School of Rock The Musical" youth production

3:45-6 p.m. Jan. 27-28, The Company Theatre, 30 Accord Park Drive, Norwell. Auditions for actors ages 8 to 17. The cast also calls for musicians who will be asked to audition on their instrument: keyboards, guitar bass, drums and others. Candidates who audition will not all necessarily be cast. For information: 781-871-2787, companytheatre.com.

Friday, Jan. 15

Traditional Irish session with Skip Toomey

11 a.m. to 2 p.m., Tinker's Son, 707 Main St., Norwell. For information: 781-561-7361, tinkersson.com.

Open mike with Bill Downes: 4-8 p.m. Sundays, Tinker's Son, 707 Main St., Norwell. For information: 781-561-7361, tinkersson.com.

Splash of Blues Jam: 4-8 p.m. Sundays, except game days. Players Sports Bar & Grille, 86 VFW Drive, Rockland. For information: 781-681-9999, southshoresportsbar.com.

Hanover Phoenix Lodge monthly breakfast: 8-11 a.m. second Sundays, September to June, Phoenix Lodge, 133 Broadway, Hanover. Menu includes pancakes, French toast, eggs, bacon, sausage links, home fries, corned beef hash, baked beans, toast, juice, coffee and tea. Adults, \$7; children ages 11 and younger, \$4. Proceeds support local Phoenix Lodge charities.

South Shore Men of Harmony

7:30-10:30 p.m. Tuesdays, Hingham Community Center, 70 South St., Hingham. South Shore Men of Harmony rehearse every Tuesday. New members always welcome. For information: 781-337-7464, ssmenofharmony.com.

Ballroom dancing

7:30-11 p.m. Tuesdays, South Shore Viking Club, 410 Quincy Ave., Braintree. Live bands every week. Singles and couples welcome. Admission is \$10. For information: 781-784-2678, 781-335-3171.

Parent-child playgroup

11:15 a.m. to 12:45 p.m. Thursdays through June, Kennedy Donovan Center, 32 Crescent St., Kingston. South Shore Family Network is accepting registrations for a free parent-child playgroup for families with children ages 18 months to 3 years old, held every Thursday morning through June. For information: 508-747-7575, ext. 6247; dmwightman@sccac.org.

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DIGITAL PIANOS KEYBOARDS

CASIO

BAND INSTRUMENTS NEW • USED SALES • RENTALS ACCESSORIES

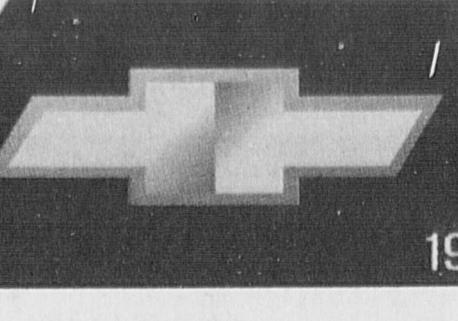
PA System Rental & Sales All Sizes

Guitar & Amp Repair DJ & 4-track rentals

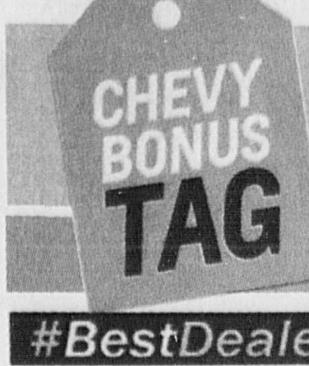
Guitar, Bass & Drums Lessons



BEST



1957

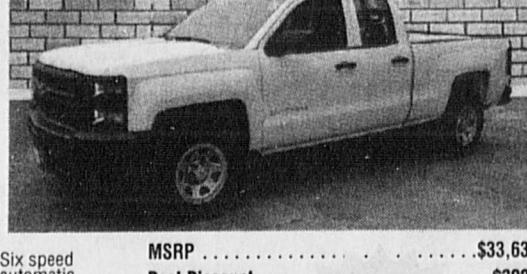
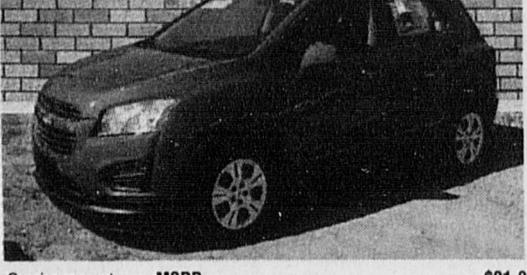
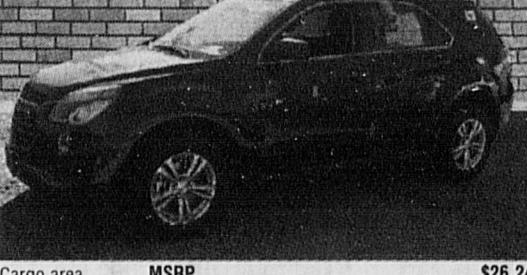
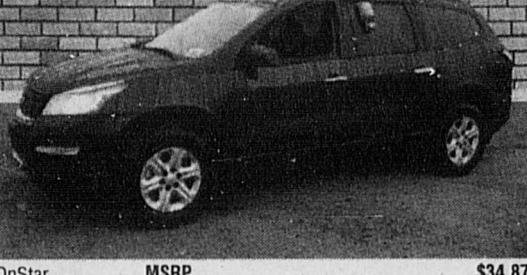


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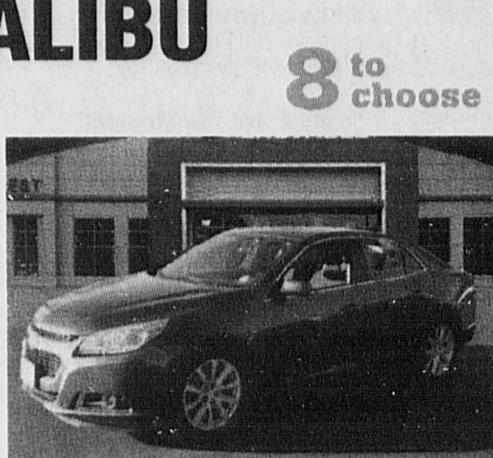
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2015 CHEVY Silverado 1500 2WD 1WT DBL	2015 CHEVY Silverado 1500 4WD LT CREW	2015 CHEVY Silverado 1500 4WD LTZ DBL
 <ul style="list-style-type: none"> • Six speed automatic • Trailering Equipment • Customer Cash • Lease Loyalty • Bonus Cash • Select Cash <p>MSRP \$33,630 Best Discount \$3,000 Customer Cash \$1,500 Lease Loyalty \$500 Bonus Cash \$1,000 Select Cash \$1,000</p> <p>BUY FOR \$26,630</p>	 <ul style="list-style-type: none"> • Custom Sport Edition • 4G LTE WiFi Hotspot <p>MSRP \$47,595 Best Discount \$3,500 Customer Cash \$1,500 Lease Loyalty \$500 Bonus Cash \$1,000 Select Cash \$1,000 GM Trade Allowance \$2,000</p> <p>YOUR PRICE \$37,595</p>	 <ul style="list-style-type: none"> • Leather • MyLink • Heated & cooled driver & front passenger seats • Power adjustable pedals • Front & rear park assist • Heated steering wheel • 4G LTE WiFi Hotspot <p>MSRP \$51,225 Best Discount \$5,000 Customer Cash \$1,500 Lease Loyalty \$500 Bonus Cash \$1,000 Incremental Cash \$1,000 Select Cash \$1,000</p> <p>BUY FOR \$41,225</p>
<p>2015 CHEVY Trax LS FWD</p>  <ul style="list-style-type: none"> • Carrier mount • 4G LTE WiFi Hotspot <p>MSRP \$21,235 Best Discount \$1,500 Customer Cash \$500 Competitive Lease \$1,500 Bonus Cash \$500 Select Cash \$1,000</p> <p>BUY FOR \$16,235</p>	<p>2016 CHEVY Equinox FWD LS</p>  <ul style="list-style-type: none"> • Cargo area close-out panel • 4G LTE WiFi Hotspot <p>MSRP \$26,240 Best Discount \$1,491 Customer Cash \$750 Competitive Lease \$1,500 Bonus Select Cash \$1,000 Auto Show Cash \$500</p> <p>BUY FOR \$20,999</p>	<p>2016 CHEVY Traverse AWD LS</p>  <ul style="list-style-type: none"> • OnStar • Trailering Package <p>MSRP \$34,870 Best Discount \$1,750 Customer Cash \$1,250 Competitive Lease \$1,500 Select Cash \$1,000 Auto Show Cash \$500</p> <p>BUY FOR \$28,870</p>

Includes all rebates to dealer. *All leases for qualified customers and require 10K miles per year plus 1st month's payment, tax, title, doc, fee and doc fee. Price includes lease loyal or competitive lease. Subject to factory extension of rebates and incentives. **Must have a 1999 or newer competitive registered vehicle, no trade required, transferable within household. See dealer for details. Down payment assist requires financing with Ally, GM Financial or Wells Fargo to qualify. Subject to factory extension of rebates & incentives.

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<p>#12460P</p> <p>STARTING AT \$13,989</p> <p>CERTIFIED PRE-OWNED CHEVROLET BUICK GMC</p> <p>7 to choose</p> 	<p>MyLink radio, 18" alloys, OnStar, Navigation. #12439R</p> <p>FROM \$14,989</p> <p>CERTIFIED PRE-OWNED CHEVROLET BUICK GMC</p> <p>8 to choose</p> 	
<p>2010 CHEVY IMPALA</p> <p>Leather, sunroof. #52240A</p> <p>\$7,989</p>	<p>2011 CHEVY TRAVERSE LS AWD</p> <p>OnStar, navigation. #52900A</p> <p>\$13,989</p>	<p>2008 TOYOTA COROLLA</p> <p>5 speed, super clean. #61001D</p> <p>\$4,989</p>
<p>2014 CHEVY IMPALA LS</p> <p>GM Certified, 1 Owner. #12422R</p> <p>\$14,989</p>	<p>2011 GMC SIERRA SLE EX. CAB 4X4</p> <p>Chrome package, Onstar, nav. #52829B</p> <p>\$19,989</p>	<p>2013 JEEP PATRIOT</p> <p>Only 16,000 miles. #61050A</p> <p>\$9,989</p>

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